

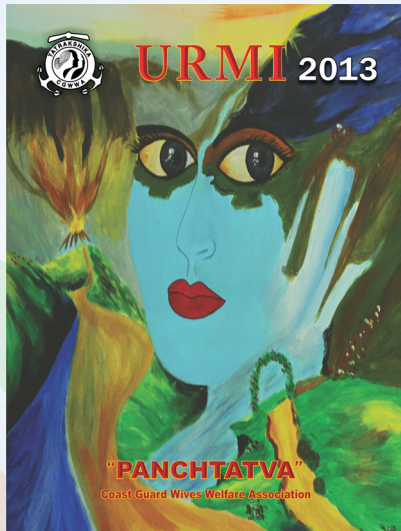


URMI 2013

"PANCHTATVA"

Coast Guard Wives Welfare Association

URMI-2013



Cover page designed by

Mrs Ranjana Singh w/o LB Singh, P/Nvk (Wtr)

ICGS Delhi

"PANCHTATVA"

*To search for the essence of life, creativity and meaning
of sharing through resources within our own Mother Earth :
AGNI, JAL, VAYU, PRITHVI, AKAASH*

MESSAGE



It gives me immense pleasure to note that CGWWA has been rendering yeoman service to the cohesion and growth of the Indian Coast Guard.

During my visit to various CG Stations all along the coast during past eight months, I was greatly impressed to see the activities of the CGWWA members for betterment of the society and also an interactive platform for community development. For all this, all "Tatrakshikas" deserve the highest accolades from the ICG fraternity. Despite their busy schedule at home and work, in places far and remote, the Coast Guard wives have displayed their talent, skills and compassion towards improving the lives of others and making the CGWWA more relevant and strong.

I take this opportunity to place on record, my sincere appreciation and gratitude for all that CGWWA has achieved so far and wish all members of this fine association, success in all its fresh initiatives.

(Anurag G Thapliyal)
Vice Admiral
Director General
Indian Coast Guard

New Delhi
05 Nov 2013

MESSAGE



Dear Ladies,

On the occasion of the publication of “URMI 2013”, I would like to convey my sincere thanks and warm wishes to every member of the CGWWA fraternity. The Coast Guard wife is the heart and soul of the Coast Guard family and her contribution cannot be quantified, measured or defined.

Over the years CGWWA has grown in strength and stature to a vibrant and responsive community support system that covers a wide canvas of philanthropic, humanitarian and socially relevant welfare tasks. Thanks to the foresight and guidance of my predecessors CGWWA has charted its course progressively towards empowerment of women, excellence in family support system and overall improvement in the quality of life in our families.

The annual ‘URMI’ magazine has been performing a stellar role as a meaningful mode of expression of thoughts, and is a medium that covers the activities achievements and views of the entire Coast Guard family across the country. It is also a source of inspiration and motivation to the Coast Guard community.

I would like to convey my personal appreciation towards the contributors to the magazine and especially to the editorial team who worked hard to conceptualize, design and compile this excellent edition of “URMI 2013”.

I thank Vice President CGWWA, and CGWWA Presidents of all regions of the Coast Guard, along with their team of cheerful, enthusiastic and hardworking volunteers, who are the main reason for the success of CGWWA’s welfare activities.

I also take this opportunity to thank all the officers and staff of all units and establishments of the Coast Guard for their support in all our endeavors.

I wish each one of you and your families happiness, prosperity and a successful year ahead.

(Mrs Rachna Thapliyal)
President Tatrakshika

MESSAGE



It gives me immense pleasure to see the beautiful compilation of articles, opinions and CGWWA activities depicted in the form of our annual publication "URMI". I wish to congratulate the editorial team for their efforts in bringing out this edition of the magazine.

Being an avid admirer of poetry, URMI has special significance and I am extremely privileged to have been associated with it. CGWWA has indeed lived up to its motto and the aspiration of its members. During the years gone by, the overwhelming participation in the CGWWA activities is testimony to its place in our lives.

I take this opportunity to compliment the contributors for their efforts over the years and would like to highlight the tremendous effort of the editorial team in maintaining the standard and quality of "URMI".

I wish all the members and readers a splendid success and a great year ahead.

A handwritten signature in blue ink, appearing to read "Urmila Singh", with a horizontal line underneath.

(Mrs Urmila Singh)
Vice President Tatrakshika

MESSAGE



At the very outset, my warm felicitation to all the brave Tatrakshika ladies on the occasion of **Tatrakshika Day on 29 Nov 13**.

CGWWA members by their sheer grit and determination have shown that we are second to none, in all walks of life. CGWWA, apart from being an emotional pillar in testing times acts as a platform for Tatrakshika ladies to fulfill their aspirations.

As we reached another anniversary, may I extend warm gratitude & good wishes to all CGWWA committee members for their wholehearted contribution to strengthen the organisation. I would like to also pay my compliments to the editorial team for their relentless and dedicated efforts in bringing out this thoughtful and informative edition of "URMI".

Before concluding, I would like to emphasize that from its stage of infancy to its present stature, we have put in lot of painstaking efforts and would call upon the ladies to show more proactiveness/ involvement in developing this unique organisation to much more visible & perceivable heights.



(Mrs Harkiran Basra)
President Tatrakshika (West)

MESSAGE



“ A woman is the full circle. Within her is the power to create, nurture and transform.”

The Indian women are known to be tranquil, serene, poised but if required she can take on any challenges. The women power is enormous. One doesn't need to be multitalented to contribute for the development of their family, society and nation. It is their will and attitude that makes the difference.....

Today's Tatrakshika is a multifaceted woman. CGGWA provides a strong niche for all its members wherein they learn to manage their home, work and social responsibility single handedly while their better halves are away safeguarding the nation. CGWWA being a unified, vivacious and dynamic organization, is continuously involved in welfare activities where all its members channelize their efforts in single direction, working towards a common goal of betterment of the society.

URMI has always been a platform for expressing, sharing & cherishing each other's thoughts and views. This year's theme 'Panchtatva' has given a chance to all, to relate to oneself as everybody in this world is made of Panchtatvas only. I congratulate the efforts of all the participants & editorial team for bringing out this enriched issue.

I also extend warm greetings on the occasion of Tatrakshika Day to all our members and their families.

At the end I would like to say “ It doesn't matter who you are, or where you come from. The ability to triumph begins with YOU always.”



(Mrs Ila Sharma)

President Tatrakshika (East)

संदेश



अपने अनुभवों को 'उर्मी' के माध्यम से व्यक्त करते हुये मुझे बहुत खुशी हो रही है । कुछ वर्ष पहले अंकुरित हुआ तटरक्षिका का पौधा, आज पूर्ण-रूप से विकसित होकर 'उर्मी' के द्वारा अपनी एक पहचान बना चुका है । जिस तरह से आज तटरक्षक, देश की छोटी-बड़ी सभी जगहों में अपनी जड़ें जमाता जा रहा है उसी प्रकार तटरक्षक परिवार की महिलायें व बच्चे भी कठिन चुनौतियों को जीतकर अपने जीवन को सरल बनाने में सफल हुये हैं । आज से कुछ दशक पहले हम अपने को स्थापित करने में संघर्ष कर रहे थे पर आज देश के कई छोटे-बड़े शहरों में हमारे घर, स्कूल और कल्याण केंद्र हैं और हमारी एक अपनी पहचान है ।

'उर्मी' का ये अंक पंचतत्त्व पर आधारित है जो कि समय के साथ बदलती हमारी आधुनिक जीवन-शैली और प्रकृति में सामंजस्य को दर्शाता है और हमारे विचारों को भी प्राकृतिक सुंदरता, सहजता और पवित्रता प्रदान करता है ।

मैं 'उर्मी' के संचार समूह को और उन सभी सहयोगियों को धन्यवाद व शुभकामनायें देती हूं जिन्होंने उर्मी के इस अंक के संकलन में सहयोग दिया ।

जयश्री पांडे

(श्रीमती जयश्री पांडे)

अध्यक्षा तटरक्षिका (उत्तर-पूर्व)

MESSAGE



It gives me immense pleasure in posting my message for Urmi which is an excellent medium to connect the whole Coast Guard fraternity.

The theme for this year is 'Panchatatva'. The entire universe is created by the five elements i.e 'Panchatatva'. Understanding the fundamental attribute of each element will help us in assessing our strengths and natural traits. The cycle of life perpetuates when all five elements are in a state of harmony. Earth is a major element of life, and we must continue our efforts towards its preservation and contribute wholeheartedly towards this common cause.

CGWWA is a wonderful treasure of the Coast Guard organisation which keeps us all bound in a single strand, and supporting each other to scale new heights of success. It must be our vision to bring change, with our inborn creativity and ideas for the women empowerment for benefit of society at large.

I would like to compliment the entire Tatrakshika's to keep up the spirit in making lives of CG families more wholesome and enriching. I wish the annual edition of 'Urmi' the very best.



(Mrs Jyoti Murthy)
President Tatrakshika (A&N)

MESSAGE



As a voluntary organization, it is felt that programmes should focus on boosting self confidence, as well as dealing with the practical & emotional considerations of self empowerment of all Tatrakshikas, in turn which has its effect on family, society and the nation at large.

We at Tatrakshika North West, aim to be an association designed for the contemporary woman, our goal being to unite all women in the Region through exciting events and activities.

Tatrakshika comprises women of diverse affiliations and backgrounds who join together to have a good time, to explore themes be it cooking, yoga, entertainment, community interaction: all working together to create and enhance our small community. The organization's volunteers also visit the "lesser privileged" in old age homes, orphanages and blind schools to support others in a variety of situations.

Our endeavour always is to provide an opportunity to bring together women with divergent points of view, backgrounds and affiliations in an atmosphere of friendship, at the same time doing our bit for the society.

I sign off here wishing you in advance for all the festivities that this coming quarter promises, starting with the vibrant and colorful Navratri in Gujarat.

(Mrs. Vidya Sheoran)
President Tatrakshika (North West)



EDITORIAL TEAM

Nidhi BARGOTRA
Richa GARG
ANURADHA HEBBAR
PRAGYA SRIVASTAVA

Editorial

Dear Readers,

Urmi is a medium which gives wings to thoughts, ideas and stories of the Coast Guard personnel and their family members. Besides nurturing the creative writing and engaging the CG fraternity to think artistically, it also acts as a mirror to showcase various activities conducted by the women torchbearers within their regions. For many, Urmi is an anticipated magazine that's worth its wait of one year as it provides wholesome inspiration and entertainment to the entire family.

From poetry and essays to short stories and jokes, Urmi 2013, is an eclectic mix of the voices of the young and old. The overwhelming number of write-ups that were received this year from all the country is indicative of the popularity of the yearly journal. While every effort has been made to include the deserving works, some have been left out due to sheer want of space. Not to lose heart, we expect all the submitters to come back with fresh vigour next time.

As the editors, we would like to appreciate our sincere gratitude to Mrs Rachna Thapliyal, Tatrakshika President CGWWA and Mrs Urmila Singh, Vice president CGWWA and all others who contributed and helped at different stages to give final the shape to Urmi 2013.

Happy reading and best wishes for a joyous and prosperous new year to one and all.

- The Editors



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**GENERAL ARTICLES
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लेख एवं कवितार्ये



CHILDREN'S CORNER

ANNUAL REPORT 2012 - 13

INTRODUCTION

Following diverse activities enriches life and adds meaning to daily routine. The year 2012-13 was filled with a variety of activities and captivating programmes. President Tatrakshika, Mrs Rachna Thapliyal, the guiding force behind all our triumphs, has been steering us in the right direction. By her guidance, various workshops and courses were accomplished, which proved favourable for ladies, thereby ensuring the propagation of our motto "Self help".



SURUCHI (Welfare)

Welfare is one of the primary concerns and several measures are taken to bring out the potential and hidden talents in the CGWWA members as well as develop the skills further, thus helping them to attain financial independence.

CGWWA (HEADQUARTERS)

Tatrakshika Day was celebrated with enthusiasm and ladies participated in various competitions.

Tatrakshika Milan was organized to bid farewell to outgoing President, Mrs Jayasree Muralidharan.

A special Tatrakshika Milan was organized to welcome new Tatrakshika President Mrs Rachna Thapliyal.

Suruchi conducted various long as well as short courses in couture and embroidery. A long course over six months duration for tailoring and embroidery was conducted. The tailoring products included shirts, trousers, kurtas, blouses, salwar kameez, night dress and kids wear. The embroidery classes emphasized on the art of making a wide variety of stitches for use in making bed sheets, cushion covers, kurtis, salwar kameez, napkins, etc. On completion of regular classes, examination was held in the month of April 2013 to assess the level of skills acquired by the ladies. The successful ladies were awarded certificates by M/s Singer as an acknowledgement of the expertise.

A special course for duration of three months was conducted for designing ladies dresses. On completion of the course, the ladies were awarded certificates by the CGWWA. A self-grooming course was conducted for a period of three months at the beauty parlour of the Welfare Centre by a CGWWA member, who is a trained beautician. The ladies learnt the art of facial, threading, waxing, pedicure, manicure, hair cutting, hair styling, etc.

In short courses, the ladies were taught the art of making floating candles, decorative candles in wine glasses and wax diyas by using wax and jelly. Candles of different shapes were made from a variety of moulds and were later decorated with sparkles, mirror, flower beads, etc. The ladies were taught block printing on dupattas, napkins, pillow covers, cushion covers, sarees, etc. Two or three

blocks of same designs, but with different colours were used to make exquisite designs and patterns. The block printing classes also included the use of fixers, preparations of binders and the method of mixing colours.

In addition, the classes for crystal flower making, glass painting, flowers and bouquet making by using metallic strips and paper quilling were conducted. Demonstrations for punch craft for making greeting cards / posters, uses of natural products for soft facials, making Idiappam dish, Kaju Katli, Burfi and biscuits, use of simple stitches for embroidery, making of artificial flowers, pouches etc were organised. For children, dance classes and competitions for ladies which included 'Puja Thali' decoration, mehendi and quiz provided wholesome entertainment for the Tatrakshika members.

CGWWA (WEST)

Various workshops were conducted, at Mumbai, for the ladies to broaden their outlook. Prominent among them were workshop on self grooming conducted by Mrs. Devi, an expert on the subject and Warli painting. Courses on Mehendi, tailoring, basic beauty courses, yoga classes and tuitions for the children have been a regular fare at Welfare Center Powai. Competition on Mehendi was also conducted for the ladies. Demonstration on Tie and Dye and Batik was conducted with aid of M/s Pidilite.

ICGAS Daman witnessed diaspora of events in the bygone year. Classes on Mehendi and dance were a few highlights of the station. Workshops on marble painting on earthen pots, cake baking and icing, artificial jewellery making and lantern making enhanced the skills of the ladies. Food preservation course conducted under the aegis of Food and Nutrition Department, Silvassa generated lot of interest and enthusiasm in the ladies.

Murud Janjira contributed its bit towards skill development of ladies by conduct of demonstrations and classes. Notable among them were "Dambar" painting, knitting of ladies bags, fabric painting and handicraft items like magazine holders, mobile stands etc. 10 day long canvas painting classes were conducted for the ladies at Goa alongwith Chinese cookery with aid of M/s Nestle.

Ladies of New Mangalore enthusiastically participated and contributed towards conduct of classes on pot decoration with ceramic design, Mehendi classes, Crochet – Cushion work and artificial jewellery making. Demonstration on making of Coconut Ladoo, tomato curry, avial and rice bread also polished their culinary skills. Further, a programme on self grooming was conducted wherein ladies were exposed to useful beauty tips which included skin care, hair care, facial care, different styles of wearing sarees and pallus. A competition on salad preparation enlivened the spirit. A three weeks short term professional course on cushion making was organised for the CGWWA ladies at Station Welfare Centre, Karwar which received overwhelming response.

Demonstrations on screen printing for designing, use of waste material to create useful products, baking cakes and sweets were conducted by CGWWA ladies which attracted good response. Debates, nail art and card making competitions were held which intrigued the intellect of the ladies and also brought to fore their creativeness. A new Welfare Centre was inaugurated at CGRA Rameshwaram,

Kochi on 19 Jun 13. It is equipped with medical consultation and counselling cubicles, beauty parlour and an activity hall.

CGWWA (EAST)

Long courses in tailoring and beautician were conducted at welfare centers wherein rep of M/s SINGER had taken classes and examination and on successful completion, certificates were awarded to participants. Various **short courses** for self-grooming, personality development, home making skills and empowerment to women are being undertaken at the welfare centers on a regular basis. An interactive session on FengShui tips was conducted.

Demonstrations were organized on mehendi, sari draping, cookery, baking, herbal facial, designer stitching, making detergent powder, wall hangings, healthy microwave cooking, designer jewelry, bindi making and soft toy making & lectures on healthy life style, knowledge development with emphasis on self-reliance and confidence building were organized.

Competitions like 'Best out of Waste', Puja thali decoration, Cake baking, Mehendi and Hair styling, Greeting card Making, Colorful bangle making, Rakhi & Jewelry making, Pongal sweet dish & Vegetable salad making, Halwa – Chana making, Kids talent show were conducted and participants were suitably rewarded.

As a very special gesture, ladies from the Japanese Consulate were invited to conduct demonstrations on "**Origami**" - the art of paper folding at RHQ (East) premises. In the same way, around 30 members of Tatrakshika (East) were also invited by Japanese Consulate for participation on "**Ikebana**" - floral decoration style and **Traditional Tea Ceremony** at Japanese Consulate wherein members were taught various skills and were educated on traditional importance.

Activities like Merikalam se, giving opportunities to the ladies for expressing their inner thoughts was organized.

Another feather in the cap, the CGWWA centre "**RADIANCE**" was inaugurated at Headquarters East premises giving a fillip to endeavors of Tatrakshika.

Tatrakshika day was celebrated wherein cultural programme and Quiz for members were conducted and mementos were presented to all Kendra members. Milans were conducted along with Farewell of Mrs Jayasree Muralidharan and Welcome of Present President Tatrakshika Mrs. Rachna Thapliyal that witnessed enormous participation from CGWWA ladies in the region.

Picnic for the ladies and children were conducted by CGWWA for their members on the eve of Tatrakshika day. Yoga classes, sports and medical/health camps at regular interval are a part of welfare center's customary activities.

CGWWA members were invited by Taj Hotel for the demonstration on cookery, particularly Afghan cuisine.

CGWWA (NORTH EAST)

Tatrakshika Kolkata organised a magic show on 23 Dec 12 by famous magician for entertainment of children and exciting gifts were distributed to children by Santa Claus. A musical programme was held on 6th August 13 at welfare centre, Manicktala.

Tatrakshika Haldia conducted a Cooking Class for ladies on 06 Nov 12 at CGWWA Welfare Centre. Yoga classes were conducted at Haldia from 17 Jun to 23 Jun 13 for the families of Coast Guard personnel.

"The Art of Living" classes were held at community Hall, CGRA for ladies and children at Paradip. Mehndi class for the CGWWA members was conducted from 30 Jul 13 at Paradip welfare centre. A demonstration was given on 06 Sep 13 on making of "SOUTH INDIAN" snacks by Mrs. Sapna Venkaiah and Mrs. Uma Prakash.

CGWWA (ANDAMAN & NICOBAR)

Demonstrations on mocktails, baking, flower making with waste material, muffin preparation, recipes like Rabri, Jaldai, Srikhand, pudding, and different types of cookies were given.

A talk on Vaastu Shastra was also given by Mrs. Savita Sharma. A six months stitching and self grooming course was conducted by the CGWWA welfare centre (A&N). A workshop on bindi making, sweet making and glass painting was organised for the members.

A special coffee morning was held on 09 Jan for Mrs. Ranjana Roy, President DWWA (A&N) Region. Cultural program with theme 'Wedding' was presented. Demonstration on 'Jhat Pat Make-up for a party' was also given.

Cultural programme and 'Musical-Cum-Cultural' night for the families and ship's company was organized. As a part of the 19th CGWWA Day celebration, Tatrakshika organized games and sports such as like Badminton, Kho-Kho, Throw ball, musical chair etc, at Port Blair.

CGWWA (NORTH WEST)

The president Tatrakshika Mrs Rachna Thapliyal made her maiden visit to the region on 07 & 08 May 13. The president, Tatrakshika visited CGWWA centers at Jakhau, Porbandar and Gandhinagar. She had interaction with CGWWA members and also visited Welfare centers and CG Play School, Porbandar during the visit.

Deepavali, Christmas, and Holi were celebrated by various CGWWA centers in the Region in the months of Nov 12, Dec 12 and Mar 13 respectively with the functions befitting the themes of the festivals.

Family picnics were organized by various centers during the year. CGWWA center, Mundra organized family picnic on 15 Sep 12 to Pingleshwar Shiva temple on the coast of Gujarat. Jakhau center organized picnic to Mandvi Beach on 08 Dec and the families visited places like Vijay Vilas

SURUCHI



SAKSHARTA



Palace, Kranti Tirtha, Godhra temple etc. A picnic was organized by CGWWA, Vadinar to Sardar Bag garden, Jamnagar on 29 Oct 12.

A cultural evening was organised by CGWWA members of Vadinar on 22 February. A Garba dance performance by the ladies was the highlight of the evening.

Workshop on Block Printing was conducted at Mundra station on 07 Sep 12. The class was conducted by a CGWWA member and all the members participated in the workshop enthusiastically and practiced the art.

A demonstration on Bandhani making in Nov 12 and Bandhani making classes for two days in Dec 13 was organized by CGWWA center, Porbandar. The centre has also conducted Stitching classes in Aug-Sep 2012, A Cookery work shop was also organized in the month of Nov 2012.

Mud painting classes for interested CGWWA ladies were started on 03 Sep 12 at Vadinar center. A good number of ladies had participated the same with enthusiasm. The class has been conducted twice in a week.

SAKSHARTA (Literacy)

Saksharta as signified by the name, lights the lamp of knowledge through literacy and education among Coast Guard fraternity. Children and ladies are educated in the real sense of the word and their overall development is ensured.

CGWWA (HEADQUARTERS)

On the occasion of Literacy Day, i.e. Saksharta Divas, a *Doha & Shloka* competition was held at Arkaja. Many children took part in this competition.

A Heritage walk was conducted by the literacy team for CGWWA members at historical monuments in Mehrauli. Mrs. Vijaya Walia briefed ladies about the monuments.

Spoken English and Hindi classes were conducted successfully at the Kendra.

During December 2012, Axis Bank conducted one day workshop for the ladies. Axis Bank Branch Manager, Mrs Sonal gave a lecture regarding the use of ATM card, investment plans, retirement plans and many types of saving money.

CGWWA (WEST)

Saksharta continued with the efforts to educate CGWWA ladies. Various debates and lectures were conducted covering topics namely use of ATM, positive thinking, cyber crime, development of personality with special emphasis on development of soft skills, importance of attire, courteous behaviour in children. A lecture on Panchtatva was also delivered during AGM.

Spoken English coaching classes were conducted for ladies to build up their confidence. An educational trip to Bariwada was conducted for the ladies wherein the efforts made by M/s Suzlon to bring in financial independence to rural ladies by means of enhancement of skills were exhibited to CGWWA ladies.

An educational visit to historical temple of Harihareshwar, Srivardhan was organised by the station for all the CGWWA members. Spoken English classes are being conducted for ladies at Welfare Centre at Goa.

CGWWA Library was inaugurated at CGRA Kunjathbail Welfare Centre to augment knowledge base of ladies and children. A lecture on "Busy Life Style and Food Habits" was delivered by Dr. Major TSK Singh for ladies at New Mangalore. Students from class 9th to 12th were addressed by Mrs. Gincy Arun on stress and time management during exams to aid them in coping up upcoming examination. An exclusive "*hindi sangoshti*" was undertaken by the CGWWA ladies at Karwar during Hindi week celebration.

Abacus classes were conducted for children at welfare centre at CGRA, Kochi. The classes aimed at honing the mental ability of children in Maths from the age group of 6-13 yrs. Creative skills of ladies and children were brought to fore in activities related to card making by using pulses, wall hanging etc. Essay writing competition and debates were also conducted for the ladies. All ladies and children of the Station participated in an educational visit to aquarium and Neyyar Dam. A quiz competition about Coast Guard Service and its traditions/day to day working culture was also held to enhance general awareness about Coast Guard. Various aspects of women empowerment and amendments in laid down rules/laws pertaining to offences against women were discussed. A moral lecture by President Tatrakshika, Vizhinjam was also delivered about how to educate the growing children particularly female children for keeping themselves self protected in ongoing scenario of society.

CGWWA (EAST)

A lecture on personality development was delivered by Mrs Madhu Johri, a renowned trainer and career launcher.

Quiz competitions were conducted across the Region for knowledge development.

An IT workshop was conducted for hands on experience for the members on booking air/train tickets, e-banking, on line shopping and toping up of SIM Cards.

Interschool painting competition – 2013 was conducted at CGAS Chennai wherein more than 250 school children participated and prizes were awarded by Shri. Thotta Tharani, an art director.

CGWWA (NORTH EAST)

On 22 Jan 13 a drawing competition was organized by Tatrakshika (NE) for the children from second grade till fifth grade. A coaching centre at Family Welfare Centre, Manicktala for school children

has been started on 21st Jul 2013. A spoken English course has also commenced for the ladies by Mrs Alka Batra.

As a part of educational activity, Tatrakshika Haldia organised a workshop on physical development and self-defence for girls above 05 years of age. Also, a workshop on creativity development and exams stress management for the kids of the age 08 to 14 years was conducted. A drawing competition for children of all age groups was held in Vikram Enclave.

CGWWA (ANDAMAN & NICOBAR)

Short term courses in self grooming, computers and spoken English were conducted. Tuition classes for children remain in progress. Children completed vedic maths course in Oct 12. Computer classes for ladies were completed and IECT institute issued merit certificate.

IT awareness week for ladies and children was conducted in which awareness lecture and quiz were organized for the benefit of ladies and children.

In order to encourage students to excel in academics, meritorious students from VIII to XII Std were felicitated on 29 Jul 2013.

CGWWA (NORTH WEST)

The president, Tatrakshika inaugurated a computer center at Kalyan Kendra, Gandhinagar during her visit on 08 May 13. The computer classes are regularly conducted for the ladies and children.

The ladies of the Gandhinagar station had a first line maintenance tips from the professionals on car maintenance and tyre replacement in the month of Mar 2013. A Three day hair style and make up work shop and one day cookery work shop by professional chefs was also conducted by CGWWA center in Apr 13 and Aug 13 respectively.

An Industrial Visit to Dyeing, Printing and Embroidery Industry was organized by Surat center in May 2013. A visit was organized to M/s Hindustan Unilever Limited at Chorvad on 12th Oct 12 by Veraval center. All ladies were surprised and thrilled after seeing the technology being used and process through which a raw fish is transformed into different varieties of readily available sea food products.

SANJEEVAN (Health)

A healthy mind, a healthy spirit and a healthy body is the motto of Sanjeevan. Counseling sessions, meditation camps, yoga classes are conducted to keep up with the healthy spirit among the families.

CGWWA (HEADQUARTERS)

An eye check-up camp was organized at Kalyan Kendra Sector 23, Noida. Two doctors and two medical assistants from Sumitra Hospital, Noida diagnosed the CG families.

During Tatrakshika Milan, a lecture on dengue was delivered by Dr Deepti Sablok. Harmful

effects of dengue fever, symptoms and preventive methods were explained to the ladies.

A Dental camp was organized in association with the medical team of Dr Sablok Poly Clinic.

A Cancer Detection Camp, in association with Indian Cancer Society, New Delhi was organized. The camp also facilitated pap smear test, chest X-ray and check up by ENT and gynaecologist specialists.

An eye and health check-up camp in association with Mahavir International Delhi (NGO) was conducted at Arkaja Kalyan Kendra, Noida for Coast Guard families/personnel and students of CGKG, Noida. Medicines were distributed free of cost.

Metro Hospital and Heart Institute conducted a health camp for the Coast Guard families at Arkaja Kalyan Kendra, Noida with specialist doctors (Cardiologists and Gynaecologists). The health camp provided facilities for checking blood pressure, blood sugar and ECG. The echocardiography screening was also made available to the members.

CGWWA (WEST)

World Sight Day was celebrated by conducting an eye camp, at Welfare Centre Powai, in collaboration with Rotary Club, Mumbai. General awareness towards health of ladies was duly propagated by regular talks and interactions. The ladies were imparted education on diet, obesity and lifestyle related issues through lectures. A blood donation camp was also organised on the occasion of CG Day wherein 40 units of blood were collected and donated to Sion hospital. A health camp on BMI and risk assessment of lifestyle disorders was also conducted for CGWWA in collaboration with KEM Hospital.

Health camps were conducted at Daman to provide medical check ups, monitor health parameters and means to take corrective actions towards a healthy life. Vaccination cards were checked of the children of Coast Guard personnel below 5 years of age were checked. Lectures on first aid alongwith demonstrations, lifestyle diseases and cancer were delivered to ladies to bring in awareness. Yoga camps were conducted for ladies and children wherein various postures were taught for maintaining better health.

A lecture on health benefits of yoga was conducted for CGWWA ladies at Murud Janjira. Medical camp and lecture by Surg Lt Cdr MG Varghese, DMO, DHQ-2 was held at Station premises of Ratnagiri. Medical counselling was also undertaken by DMO.

Medical camps for ladies and children were organised at Goa wherein emphasis was placed on thyroid check up and overall health. A dental camp with aid of M/s Colgate India Pvt Ltd was also organised by CGWWA. Various medical lectures highlighting mental and general health were also conducted alongwith imparting education on importance of immunisation.

A dental camp was organized with aid of Manipal College of Dental Sciences, Mangalore for all CG personnel alongwith families. A medical lecture on care to be adhered during pregnancy, regular medical checkups, diet, hygiene as well as other necessary things to be adhered post pregnancy was delivered by Surg Lt Cdr MD Chanu, PMO, INS Kadamba to CGWWA ladies.

SANJEEVAN



SURAKSHA



A free medical camp was organised at Headquarters premises at Kochi conducted by CGWWA in collaboration with Kerala Institute of Medical Sciences and carried out a free medical checkup for dental, eye, paediatric, blood sugar and blood pressure. A lecture on safety precautions to be undertaken for healthy living during monsoons was delivered to the ladies. A health awareness lecture about common health problems related to ladies and water borne diseases was delivered by Station Medical Officer Surg Lt MK Jain.

CGWWA (EAST)

An eye care camp by optometrists from Vasan Eye Care Centre was conducted for eye checkup and lecture on glaucoma. Diabetes camp was organized for life style indoctrination and blood sugar monitoring.

Dr (Mrs) Karti Mahadevan delivered a lecture on Holistic Healing. Medical lectures were also conducted on first aid, balanced diet, nutrient calorie control, family planning and anomalies of pregnancy at various stations.

Dental and medical checkup were conducted for children at CGKG. Blood donation and organ donation pledging camp was conducted at RHQ(East) premises in association with Government General Hospital Chennai.

Medical health checkup camp was organised for the ladies at the welfare centres wherein a medical record book for each member was prepared and issued to facilitate regular updation and tracking of vitals for health.

CGWWA (NORTH EAST)

A health camp for general checkup was organised by Tatrakshika Kolkata on 14 Sep 12 at Bagjola. Dr. Sudha Nath and Surg. Lt. Jyoti Sharma carried out the checkup of the ladies who attended Tatrakshika Milan. A blood camp was held on Jan 13 in the premises of RHQ North East. Large number of ladies came forward for contributing towards this noble cause. A health lecture was given by Surg. Lt. Jyoti on nutritional requirements of toddlers and teenagers at family welfare centre, Maniktala. A health talk on "Water-borne Diseases" by the District Medical Officer and a lecture on "Stress Management" by Brahma Kumari Samaj were organised for Tatrakshika members of Haldia.

CGWWA (ANDAMAN & NICOBAR)

A lecture-cum-presentation on stress management and mental empowerment for holistic health was organized. Techniques related to meditation for enhancing inner strength, stress management and mental empowerment were shared.

A Health talk-cum-power point presentation on health issues related to ladies and home remedies was given by Dr Kalyan P Kadbhane, Programme Officer, Ayush Hospital, Port Blair.

CGWWA (NORTH WEST)

Medical lectures on Cancer detection and first aid, monsoon diseases and life style diseases were conducted during Jan, Mar, Jul and Aug 2013 respectively by Gandhinagar center.

The Porbandar center organized health lectures on malnutrition & anemia, "problems & issues during adolescence and menopause & their management", first aid and cardio pulmonary resuscitation (CPR) in the months of Aug 12, Dec 12, Jan 13 and Mar 13 respectively

Tatrakshika Okha organized a stress management programme through meditation.

Interactive lecture / presentation was organized by Tatrakshika Mundra on 'healthy diets' at Community Centre on 21 Mar 13.

A blood donation camp was organised at ICGS Vadinar on 19 Jan 13 as part of CG week celebration. Also, a health lecture was imparted to all CGWWA members of Vadinar on preventive measures and cure of dengue fever and brief knowledge about anaemia. Health check up for CGKG children was conducted on 26 Feb 13.

A Medical Camp was organized by Tatrakshika Surat on 10 Feb 13. Systematic examination for RS, CVS, CNS etc and Complete Blood count, differential Count, lipid Profile, Renal function test were conducted during the camp.

SURAKSHA (Widow Cell)

This group takes an active interest in providing emotional, financial and moral support and help to rehabilitate the families of deceased personnel of the Coast Guard.

CGWWA (HEADQUARTERS)

Suraksha team interacted with the ladies. They were briefed about the Prime Minister's scholarship scheme for wards/widows of deceased CG personnel and the eligibility criteria for the scheme was explained in detail. Application forms for the scholarship were also distributed on this occasion.

A general health awareness lecture was conducted by Surg Cdr Geeta Sinha at CGHQ for Suraksha ladies. A visual presentation was given on various middle age problems of women like menopause, cancer, obesity, diabetes, depression, blood pressure, heart problems, strokes, breast lumps etc. Various methods of self-examination for the above diseases were also explained in detail.

A lecture on Time Management was given by Mrs Meena Sinha for Suraksha ladies at Arkaja. Ladies working in CGHQ and from Sector 23, Noida attended the lecture.

CGWWA President, Mrs Rachna Thapliyal interacted with Suraksha ladies at CGHQ. The President conversed with them about their hobbies and problems.

An education grant for the academic session 2013-14 for the wards of deceased CG personnel was given in Jul 2013 during the AGM. An amount of Rs 31,500/- was distributed among 14 children, including four college-going students. A case of three children, who have lost both of their parents, which was forwarded from the Western Region, was considered as a special case and all the three children were given a grant.

CGWWA (WEST)

An interaction of the widows of the deceased Coast Guard Personnel of Maharashtra was held on 19 Nov 12 at CGWWA Office, RHQ(W) with the President Tatrakshika (W). During the interaction the ladies projected various personal issues for which efforts are being made for resolving at earliest. Annual financial grant for a total of 14 wards of deceased Coast Guard personnel was distributed during AGM.

CGWWA (EAST)

As a first time initiative, Ms. M. Saranya D/o late G Muthu Ex-P/Nvk and Master. Pawan S/o Late Ram Asra, Ex-U/Adh have been awarded the **Prime Minister Scholarship Scheme (PMSS)** through CGWWA efforts. The Annual Scholarship cheques were presented to the school going wards of five in number Suraksha members.

Quarterly interaction is maintained with the widows of deceased CG personnel through meetings and Milan. Diwali gifts were presented to the Suraksha members as a show of solidarity and camaraderie.

CGWWA (NORTH EAST)

A cheque of Rs. 1500/- was handed over to Mrs Soma Ganguly, wife of Late S Ganguly, Adh for the education of her children by President Tatrakshika (NE) at the Family Welfare centre Maniktala, Kolkata.

CGWWA (ANDAMAN & NICOBAR)

Suraksha works as a key link between families of deceased personnel and the Coast Guard to enable them to be aware of their dues in the shortest possible time through constant liaison with the concerned authorities. The Coast Guard fraternity deeply mourned the sad demise of AD Kodi P/Adh (STD) in May 13. The bereaved family was handed over a cheque as ex-gratia grant from the CGWWA fund.

SANSKAR (Education)

This branch of CGWWA looks after the blooming kids of Coast Guard community and ensures that they step on the right stones to success. Lot of efforts is taken to impart wholesome education at the tender age so that a firm foundation is laid to make them also good human beings.

CGWWA (HEADQUARTERS)

Various events were celebrated and the participation was overwhelming. Gandhi Jayanti, Grand Parents' Day, Dussehra and Diwali were celebrated.

Fancy Dress Competition was held in CGKG. Children looked beautiful in different costumes. CGKG, Noida Sports Day was organized with colourful events. Christmas was celebrated and a party was organized for the children. CGKG, Noida also celebrated its Annual Day. Children looked beautiful and performed brilliantly. Outstanding students were awarded prizes.

Republic Day was celebrated with patriotic songs. Children were dressed in different costume of freedom fighters. Rhymes Olympiad and Handwriting Competition were held. In addition, Vaishakhi, World Health Day and Mother's Day was celebrated. A Rain Dance Celebration was organized. Children dressed up in costumes for the occasion. Hindi Rhymes competition was conducted.

An eye check-up was conducted for the students by Mahavir International organization.

CGWWA (WEST)

Education through extra curricular activities has been forte of CGKG. Teacher's Day, Dussehra, Grand Parents Day, Republic Day were celebrated wherein value education was imparted through various activities. PTA meeting was held where parents and teachers interacted to take stock of their wards development. Picnic was conducted at Nirvana Park, Powai and Annual Sports Day was held at Norita Grounds, Powai. Physical development of the children was monitored on regular basis by conducting Dental and General Health checkups at CGKG. The academic year culminated with Graduation Day. A workshop was conducted by Asst Comdt Annu Yadav for the teachers of CGKG on Confidence and Positive Energy which delved on issues of teacher- student interaction and role of teachers to nurture talent of student.

Various activities for children were conducted at Daman for enhancing their soft skills and broaden the knowledge base. Debate competitions were conducted for children of class VI-IX and a Powerpoint Presentation Competition was also conducted for the children of class X-XII. A presentation about the points to be remembered while making a presentation was also delivered to children. The children were also taken to 39th Jawaharlal Nehru Science, Mathematics and Environment Exhibition at Silvassa wherein two models made by CGPS children were also selected and displayed.

Children's Day and Teacher's Day were conducted at New Mangalore. The principal and teachers of CGKG were felicitated on the occasion and a dance programme was also presented by the children.

Children also participated in fancy dress competition which gave a boost to their stage confidence. Annual day of CGKG was celebrated which showcased talents of children through variety of entertainment programme.

CG Play School Kochi celebrated Teacher's Day by felicitation of teachers and Children's Day by conduct of fun-filled games for children. Fancy dress competition was the highlight of Christmas celebrations. Sports Day was celebrated in CGRA which honed the competitive spirit of the children to hilt. An inter-school painting competition for children was conducted on at CGWWA Centre, ICGS Beypore wherein 25 children from various schools participated.

A Drawing Competition for school going children of Kavaratti was organised at Headquarters premises. The event helped in generating awareness in school going children about the role of Indian Coast Guard in service of our Nation.

CGWWA (EAST)

Innovative and Creative activities were conducted to expose the tiny tots to nature and world around them which included all national and religious festivals, Van Mahotsav, Environment workshop, Train the trainer, Fire evacuation drill, Safety mock drills, Art with a cause, Storytelling, Inter class/ Inter house matches and Meet the Hero at regular basis. CGKG conducted Sports Day and Annual day / Annual Fest-2013 as part of Annual activity. CGKG at Chennai are committed in their endeavor to improve teaching techniques and ambience to bolster the tiny tots for future challenges.

Eurythmic teaching technique workshop for understanding child development was conducted for teachers of CGKG to develop interactive physical activity forum of education.

Councillor's session with the parents towards addressing their concerns and enhancing amenities at CGKG as a part of Orientation Program for parents was conducted when the school reopened after summer vacations.

The Annual Fest 2013 was a jamboree of songs and dances; the tiny tots enacted a depiction of Ramayana that was very well appreciated by the audience.

During the maiden visit to CGKG Royapuram, President Tatrakshika Mrs. Rachna Thapliyal, donated a cheque for a sum of Rs. 5000/- for the betterment of school.

The CGKG students were also motivated to help the under privileged and they contributed for a donation of Rs. 5000/- to D.G. Rehabilitation Centre for Unsupported Orphans.

Environmentally, educating activities like 'Say no to crackers', 'Say no to plastic', and 'Don't waste water and electricity' were also planned during the year. Some of the regular activities at schools across the region included picnics, sapling plantation, visits to areas of interest and health checkup for the students.

On Children's day, a sports meet & Painting competitions were organized at CGKG Tuticorin, CGKG Vizag and Mandapam.

These pre-school institutions are rendering yeoman service to the CG fraternity and are the crown jewels of Tatrakshika bastion in the region.

As a special case, a grant of Rs. 10,000/- was given to Ms. D Sujatha, a teacher of CGKG Royapuram since the year 2000, for the medical treatment of her sister's son who is suffering from cancer.

CGWWA (NORTH EAST)

Tatrakshika (NE) felicitated meritorious students for the year 2011- 2012 on 23 Dec 12 during the celebration of Tatrakshika Day. CGKG School was inaugurated by Mrs Rachna Thapliyal, President Tatrakshika, on 24 May 13 at Haldia.

On 22 Dec 12, Christmas eve was celebrated at CG play school Paradip. Children were taught to decorate the Christmas tree with stars, balls, balloons etc. Gifts and chocolates were distributed to the children by Santa Claus. Independence Day was celebrated at CG schools (Haldia and Paradip) with zest and patriotism. The tiny tots celebrated the day by singing patriotic songs and participating in other cultural activities organized by the schools.

CGWWA (ANDAMAN & NICOBAR)

Festivals like Ganesh Chaturthi, Diwali and Christmas were celebrated in true festive flavour at CGKG School Port Blair.

Hindi Recitation was held at CGKG School Port Blair on 19 Jul 13. Drawing Competition was conducted for the tiny tots. An educational trip to the Science Centre was also organized.

CGKG Port Blair Annual Day was celebrated. Students presented a variety entertainment programme with lot of zeal and enthusiasm.

Health and nutrition week was celebrated in the second week of Feb during which the children were educated on the importance of a well balanced diet. Annual Medical checkup was also conducted for all the students.

CGWWA (NORTH WEST)

The children of CG family had a career option visit organized by CGWWA to National Institute of Fashion technology, Ahmedabad in the month of Feb 2013.

Porbandar center organised rhymes recitation competition in English and Hindi for children in Oct 12 and summer painting classes were organized for children at CGWWA centre.

An educational visit was conducted to Ukai dam and hydro power station by Surat center. All

SANSKAR



SRISHTI



members and children appreciated the Hydal power generation and distribution system, supply of drinking and irrigation water through canals and flood control.

Children's day celebration was organized by CGWWA center, Veraval. Various games were conducted on the occasion for different age group of children (between 03 Yrs to 15 Yrs).

Painting competition was organised for CG wards and school children of St. Ann's and Navyug Vidyalaya on 21 January by Vadinar center. The center also conducted talent hunt for the ICG wards on 22 February. Children performed their skill in dancing, singing, rhymes, skits etc. A fancy dress competition was conducted for CGKG children on 08 March by the center, wherein they attracted audiences by their creative dressing.

The station together with 'Tatrakshika' Mundra organized the drawing & painting competition 2013 as a part of CG day celebrations. 30 students each participated in two age groups of 06 to 09 yrs and 10 to 16 years with full josh and enthusiasm.

An English Speaking Course was started at CGWWA center Vadinar for all interested CGWWA members and children. An overwhelming participation by the members was seen with curiosity.

SRISHTI (Environment)

One of the primary concerns today is to create awareness on issues of nature and environment. Indoor and outdoor activities are conducted by Srishti team to bring awareness about the importance of preservation of nature.

CGWWA (HEADQUARTERS)

Srishti team undertook an initiative to educate ladies about the importance of soil change in flowerpots. Demonstration was also given by a trained gardener and all queries were answered.

Srishti team guided ladies to aesthetically change the surroundings of our CGKG, Noida, by developing a small lawn and also advised the gardener to beautify the surroundings of the CGKG by planting various plants.

Children's Day was celebrated in a unique way. An informative documentary on global warming was shown to the children. They also showcased a movie called, "Oh My God" to them. Pamphlets containing information on environment issues and how to save water, were distributed.

A kitchen garden competition was conducted. Team members of Srishti visited various gardens/ balconies of the houses and gave them prizes.

A lecture on Horticulture was delivered by Mr Shiv Kumar Sharma, Ex-Director Horticulture NDMC at Arkaja Sec 23, Noida. The lecture enlightened the ladies about various decorative plants, flower plants, herbal plants, seeds and the maintenance of gardens and lawns.

'Best out of Waste Material' competition was conducted.

An interactive talk on 'Say No to Plastic' was organized for the students of CGKG, Noida. They were advised on various simple ways to reduce the use of plastics.

CGWWA (WEST)

Protection of environment was paramount in the activities of Srishti. Ladies and children were taught to make eco friendly Ganeshas. Reuse of paper was demonstrated through the art of paper mache. Lecture on use of medicinal plants was delivered and the same were also planted in Welfare Centre, Powai which are being looked after by Srishti Team.

Workshop on Waste Management for both ladies and children was conducted at Daman which included demonstration on paper mache to make name plates, piggy banks, pen stands etc. A nature walk was also organised for children above 11 years of age to Parnera Hills.

A lecture on importance of water was delivered at New Mangalore. The CGWWA members of Karwar joined hands in celebrating the "World Environment Day" by conducting tree plantation inside the Station premises.

A demonstration by horticulturist of Krishi Vigyan Kendra Ernakulum was conducted for ladies for maintaining kitchen garden. New methods of raising seeds and planting saplings in small soil pouches to avoid displacement shocks were revelations. Recycling of used tyres and tubes, wash basins etc. alongwith practical use of polythene bags to avoid seepage in terrace gardens was also displayed. CGWWA members of Beypore actively participated and also aided in coordinating the International Coastal Cleanup Day - 2012 at Beypore beach.

CGWWA (EAST)

Tree plantation drives were conducted in the CGKG, station premises and Royapuram complex.

Lectures were conducted on "say no to plastics" and "go green" were held to spread awareness on environment protection and conservation.

A talk and Quiz competition on the topic "pollution" was organized on the occasion of Environment Awareness Day.

Workshop on organic kitchen gardening and landscapingis being planned.

CGWWA (NORTH EAST)

A tree plantation drive was conducted for all families residing at CGRA Maniktala. On 31st Aug, an environmental friendly activity was organised wherein enthusiastic children creatively converted cartons into dustbins with catchy slogans on them to spread awareness of sense of recycle and reuse. At Haldia, a kitchen garden competition was held on 06 Feb13. Ladies put in their best effort to make their kitchen gardens rich with fruits and vegetables.

CGWWA (ANDAMAN & NICOBAR)

An activity on 'Global Warming' was conducted and 300 pamphlets on 'Save our Planet' were distributed amongst the DWWA members.

Fun filled 'Nature Walk-Cum-Picnic' and 'Slogan Writing Competition' for Children was also conducted. Children were educated on the sensitivity of the ecosystem and threat to the fragile ecology.

'Adventure-Cum-Environment' camp at Cinque Island was organized on 17 Mar 13 to inculcate spirit of adventure and to spread the awareness of the environment and the need to protect the serene beaches.

To commemorate the 64th Vanamahotsava-2013, a massive tree plantation drive at Tatrakshak Vihar was organized in association with the Department of Environment & Forests, A&N Administration in Jul 13.

CGWWA (NORTH WEST)

A Competition was organized at Gandhinagar for all children of classes IV to XII on the 15 Jan 13 to tap the creativity of the children using waste materials like plastic, glass, ceramic, clay etc-. The event has made awareness in children about the recycling of waste which are harmful to the environment.

Tree plantation programs were initiated by Gandhinagar, Okha, Vadinar and Jakhau centers during the year.

To raise the feeling about a healthy environment, a plantation drive was organized by CGWWA Vadinar on 05 Dec 12. Students were educated regarding importance of plantation and protection and safety of environment.

SANCHITA (CGWWA Shop)

The CGWWA shop Sanchita provides a stable outlet for items procured from various parts of the country. It also serves as a platform for ladies to showcase their natural skills and help them to make a good earning using their talents.

CGWWA (HEADQUARTERS)

Sanchita is running successfully with goods available at attractive prices for sale. Some of the items available in the shop have been made by Tatrakshika members themselves e.g. candles, hand bags and photo frames to name a few. The photo frames have been created through quelling and embossing, which are well known techniques in the world of art and craft.

Sanchita is planning to put up items like gottaa for sarees, dupattas, diyas, decorative candles and Deepawali festival related items on sale. Gift items for ladies and children shall also be added to the inventory soon.

Sanchita has items like Khurja pottery, pouches, jewellery, showpieces, candles, bottles, bags, crystal flowers and other handmade items.

CGWWA (WEST)

Sanchita continued to be the financial backbone of CGWWA. A stall of the goods was displayed at Diwali Mela held at Mumbai alongwith NGO Kutumb Sakhi, showcasing talent of ladies wherein, sales were made by exhibiting innovative items namely Gujarati single bedspread, mobile pouches, long bags, runners, potli bags etc. Hand towels decorated with Warli Painting, Bandhani suits, Rajasthani jewellery was added to stock of Sanchita to garner sales. Sanchita Team at Daman had a field day in sales at Tatrakshika Mela christened Udaan conducted at station premises wherein various products and services were put on sale by companies under the aegis of CGWWA.

CGWWA (EAST)

Sanchita put up a stall at **“Portraits of India”** exhibition at YMCA grounds and generated good sales on Warli paintings, fragrance oils and handicrafts. As a new initiative, the Sanchita Stall witnessed brisk sales of Rakhis, block printed sarees etc during display at AGM. Recent arrivals include readymade items from Khurja, Odissa and are well appreciated by the members.

Sanchita continues to provide an opportunity to ladies towards entrepreneurship. New articles like hand painted table napkins, runners, bags and Kanchipuram Suits & dress material have been received well. Stitching of suits and Warli Printing on sarees and suits are also undertaken on order.

CGWWA (NORTH WEST)

Tatrakshika Mundra organised first ever exhibition by the famous “OKHAI” on 06 Oct 12. Tatrakshika Mundra also displayed handicrafts prepared by the CGWWA members. This was the first initiative taken up by the Tatrakshika at Mundra. Ladies of local corporate townships showed overwhelming response for the exhibition. Stitching/ tailoring classes were conducted at the Porbandar and Vadinar stations.

SANCHAR (Communication)

Sanchar connects, informs and reports the vast panorama of CGWWA activities through quarterly news letter, Sandesh and the annual magazine Urmi.

CGWWA (HEADQUARTERS)

Urmi-2012 was released by President, Tatrakshika.

The team released Sandesh, a newsletter every quarter.

CGWWA (WEST)

Quarterly Sandeshsh were published which covered varied themes namely experiences with kitchen, importance of planning in life, safety in todays world and included activity reports alongwith

SANCHITA



SANCHAR



SNEHA



articles contributed by CGWWA ladies of Western Region.

CGWWA (EAST)

The quarterly newsletters "Sandesh" were published.

Towards the end of academic session, an interactive session on career counseling and higher study options was conducted for the ladies and wards of CG personnel studying in XI and XII class.

An inception work shop on 'Art of Living' was conducted towards handling stress and healthy life style.

CGWWA (ANDAMAN & NICOBAR)

Other than contributing towards the Annual CGWWA Magazine URMI, the Sanchar team brought out three editions of the quarterly newsletter 'Sandesh'.

Intelligentsia Quiz Fest 2013, for the children of Coast Guard fraternity was organized. Mrs Anant Kaur and Mrs Rupali Gill were the quiz masters.

CGWWA (NORTH WEST)

The Region has published Sandesh in the months of Sep 12, Jan 13 and Apr 13.

SNEHA (Outreach)

Charity begins at home. Our charity wing Sneha reaches out to the society outside the Coast Guard community and provides solace to the less privileged, poor and needy ones.

CGWWA (HEADQUARTERS)

Medicines were collected from families and were handed over to Dr Deepti Sablok at Sector 23, Noida. Medicines were prescribed to domestic helps and casual labourers.

A visit was organised to Salam Balak Trust at Paharganj (New Delhi). Clothes, soaps, toys and rations were handed over to the trust.

A visit to Sai Kripa Orphanage in Sector 12, Noida and donation of various items like biscuits, ration and a sewing machine were also undertaken.

CGWWA extended a helping hand to the students of Ankur School, Noida. Stationery and food items were collected from CG families and distributed to needy students.

CGWWA (WEST)

Sneha celebrated 'Joy of Giving' week by reaching out to needy by distribution of toys, board games, crayons, colours, school bags, books, pens, sweets etc. The contribution of Coast Guard

families was overwhelming for this noble cause. Sweets and old clothes in good condition were given to children of "Vatsalya Foundation for distribution to children staying at Bandra and Matunga shelters. A day at sea for underprivileged children from 'Akanksha' and cancer patients from Tata Memorial was conducted on board ICGS Sankalp. CGWWA also aided school going children of the casual labourers, through contributions of Coast Guard ladies, working at all CG units, Mumbai by distribution of school bag, tiffin box, geometry box and a water bottle. A workshop on personality development for tribal girls of District Palghar of Maharashtra was conducted to enable them to face the new age world with dignity and confidence.

Ladies donated provisions alongwith new bedsheets at Daman which was distributed to casual labourers. CGWWA reached out to children of Balwadi, an orphanage, by providing them with slates, chalks and other stationery items. Various outreach programmes were conducted at Goa for orphanage and poor people. Food and other utility items were distributed to needy through these programmes.

CGGWA ladies reached out to children of casual labourers and inmates of old age home at Mangalore by donation of provisions, funds and old clothes collected from residential area. A visit to old age home and orphanage was conducted by ladies of Karwar. The members as a goodwill gesture donated magazines/ newspapers, fruits, provisions etc. for the institutions. Ladies spent quality time with octogenarians and children alike.

The CGWWA ladies visited Sneha Bhavan, which is a home for young children rescued from streets, beggary and child labour. The ladies shared snacks with the children and also donated provisions to the home. A visit to old age home was organised by CGWWA at Beypore where donation of cloths and financial assistance was carried out through contribution of the ladies. Ladies also organised a combined lunch with the inmates of old age home. Health camp was organised for local fishermen and their families at old mosque in Vizhinjam Fishing Harbour by CGWWA ladies. Medical checkup and random diabetic checkups were carried out alongwith dental checkups under the aegis of Trivandrum Dental College for fishermen at Vizhinjam fishing harbour. CGWWA ladies also contributed towards family of deceased casual labourer employed at Station.

CGWWA (EAST)

Tatrakshika members visited 'Kakkum Karangal' orphanage, Ashram Sravala Old Age Home and Vidyanjali- a pediatric occupational therapy centre focusing on needs of special children, with cash, provisions, utilities, toys and stationery. As a special case, keeping in mind the welfare of the young children a cheque for Rs. 60,000/- was donated to Vidyanjali by President Tatrakshika (East).

A visit of 250 under privileged children was conducted onboard ICGS Samudra Pahredar and Cultural entertainment was organised. Movie on Coast Guard was screened for children onboard ship and quiz programme was conducted and prizes were given to the winners of competition. Asst Comdt Shirin Chandran delivered a lecture on how to join the Coast Guard and shared her service experiences to motivate the young minds.

Visits were conducted by outreach members to Prema Samaj Orphanage at Vizag, an orphanage at Tuticorin and the Gil Gal charitable trust orphanage at Mandapam.

A visit of 20 special children along with 19 care takers was conducted onboard ICGS Sagar and cultural programme was organized. Magic show alongwith movie on Coast Guard was also shown. A sum of Rs. 5000/- was given to the director, Vidyanjali for the benefit of special children.

CGWWA (NORTH EAST)

Tatrakshika Kolkata conducted an outreach activity on 04 Sep 2012. Tatrakshika members visited Mother Teresa home Nirmal Hriday at Kalighat, Kolkata and donated ration, clothes and toiletry items to the severely ill and old citizens in order to extend a helping hand to these people.

On 14 Oct 2012 as a part of Outreach activity, committee members of CGWWA, Haldia visited Gandhi Ashram to donate old clothes and food packets to inmates of the Ashram. The children of Ashram expressed their gratitude by singing a song of the famous poet Rabindranath Tagore. Tatrakshika Paradip also conducted an outreach activity on 02 Feb 13. Members visited Nivedita Ashram, Paradip and donated ration and stationery items for orphan children.

CGWWA (ANDAMAN & NICOBAR)

Notebooks and stationery items were provided to the children of maids working in TRV in the beginning of the academic secession. Umbrellas were also distributed to the maids.

On the occasion of 'Raksha Bandhan', President Tatrakshika A&N along with committee ladies visited 'Seva Niketan'. She interacted with the children, and distributed chocolates & laddoos. On 19th Oct 12 an outreach event was conducted at Seva Niketan to extend helping hand to the under privileged children.

As part of the Coast Guard Day celebration, Tatrakshika organised a visit for the inmates of 'Pranab Kanya Ashram' & 'Seva Niketan' to CG ships. The children were explained about the various aspects of the sea life.

Reaching out its arms, yet again, for philanthropic cause, members of CGWWA led by Mrs Jyoti Murthy, President (A&N) CGWWA visited Pranab Kalyan Kendra. They distributed items of daily use to the inmates as goodwill gesture.

Medical checkup camp for inmates was conducted by the CG Medical Team at Pranab Kalyan Kendra.

CGWWA (NORTH WEST)

The CGWWA members of Gandhinagar visited the blind school for underprivileged as part of outreach activities in the month of Jul 13. The provisions, food items and music instruments collected as contribution by the members were handed over to the school authorities.

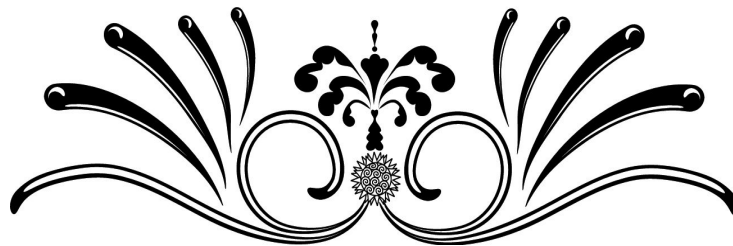
Tatrakshika Okha with the theme motto of "EDUCATION AS A BRIDGE FOR BETTER FUTURE" has taken initiative to educate maids for better future. Distribution of cloths, stationary and provisions was also done. The center has also distributed blankets to the labours, poor and needy as a part of outreach programme at Okha.

The CGWWA unit at Surat distributed clothes and sweets to poor drivers of CGRPT(Surat) during the festival season in Sep 12.

The CGWWA members of Jakhau visited the Old Age Home "Jeevan Sandya" at Roha and distributed items including provisions, clothes and refreshments.

Tatarakshika Mundra distributed Sarees to 10 housemaids of Samudra Township at Mundra as a part of outreach programme. Beneficiaries from humble background were overwhelmed with the humanitarian gesture extended by CGWWA Mundra.

CGWWA members of Veraval visited old age home on 19 Jan 13 at Veraval as a part of outreach activities. They distributed grocery items, clothes and other daily commodities to the old people.



PANCHTATVA



AGNI THE DIGESTIVE FIRE

There is cosmic power that dwells within us which determines how we function on physical level. According to Ayurveda, digestive fire which is responsible for digestion, circulation, complexion, pleasant breath, body odor, adequate energy and resistance to disease is called **Agni**. It is important not only that we feed ourselves properly, but the digestive fire must also be cared for so that it has the power to adequately extract nourishment.

Most diseases arise from poor or wrong functioning of the digestive system. Agni is not only responsible for absorbing nutrients from food, but it also destroys the pathogens and renders the food acceptable to our system. Undigested food becomes like a pathogen in the body, which produces toxins upsetting the immune system. Therefore, treating the digestive system to regulate Agni and thus is the root treatment for most disease.

Four stages of Agni:

1. Tikshanagni or high Agni

Agni is usually high in pitta (fire) type with excessive appetite. Circulation is strong but toxins are present in the blood and bleeding is more common. The stool will tend to be loose with some diarrhea. Resistance to disease is generally good, but when they occur diseases are apt to be sudden and severe like febrile disorder or heart disease.

2. Manda or low Agni

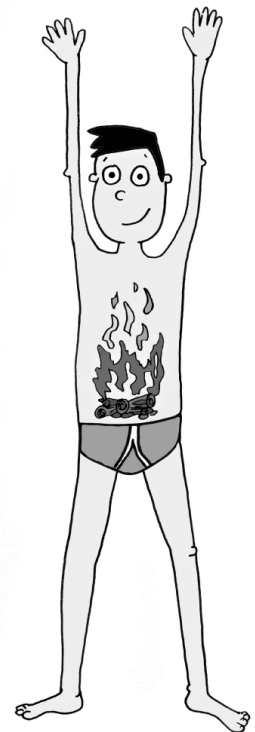
Agni is low in kapha type with poor appetite, low metabolism and tendency to gain weight even without excess food consumption. There will be excess mucus and congestion. Circulation is poor. Colds and flu are common but diseases are often not severe.

3. Variable Agni

Agni is variable in vata types with periods of strong appetite, even extreme hunger alternating with loss of appetite and forgetting to eat. Gaseous distention and constipation are usually signs of variable Agni. Circulation is also variable as is resistance to disease. More debilitating disease and long-term derangement of the nervous system is more likely.

4. Samagni or balanced Agni

Signs of balanced Agni are a normal and regular appetite that is constant and easily satisfied with natural and not strongly spiced food. Bowel movements will be regular and there will be little production of gas or bloating. Sensory acuity and mental clarity will also be strong.



HERBS FOR DIGESTIVE FIRE

Agni is increased by pungent, sour, and salty tastes and decreased by sweet, astringent and bitter, though bitter taste in small amounts before meal can also increase Agni. Spices are usually the best things for increasing Agni. The digestive fire has the same nature as spicy taste. It is also hot, dry, light and fragrant. Right intake of spices is a major aid in the treatment of most diseases of the digestive system.

When one's Agni is high, spices should generally be avoided but digestive bitters – aloe, barberry can be taken. These lower the digestive fire without increasing toxins.

When Agni is low or manda, spices can be taken. Cayenne, ginger, black pepper (typically the trikatu formula), all spices are good.

When Agni is variable, spices and salts should be taken, e.g. asafetida, ginger, cumin and rock salt are good.

When Agni is normal, mild sattvic spices, e.g. cardamom, turmeric, coriander and fennel can be taken to maintain balance.

Agni can also be increased by exercise, including yoga postures (asana), by deep breathing, meditation, by fasting or less eating and by sleeping less.

It is decreased by most damp, heavy, oily and sweet foods. Sedentary life style, excessive sleep or too much work are additional factors which weaken the digestive fire.

Dr. (Mrs) Shefali Purohit
W/o DIG M Purohit
ICGS Samrat



AN ODE TO THE FIVE ELEMENTS

The Sky, Stars, Planets, Water, Earth, Living and the Non Living that exist in our universe are all made of the five elements composed and vibrating in different frequencies and different energy levels. So here is a little ode to the powerful five and pray they bring alchemy of peace, happiness, good health, prosperity, blessings to this world and all mankind

FIRE [AGNIDEV]

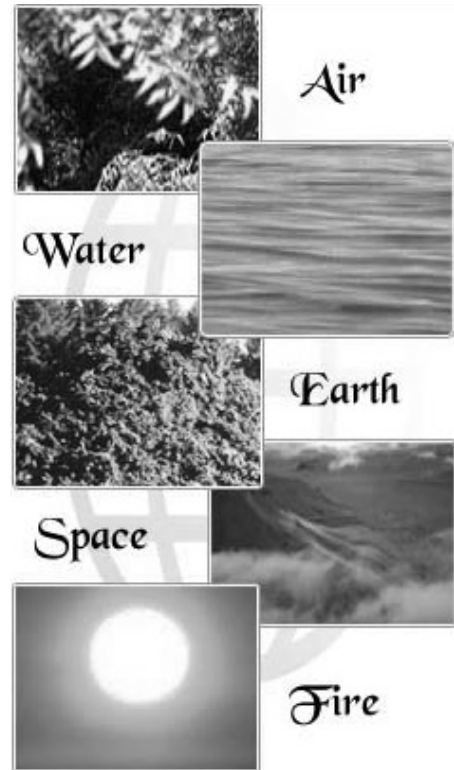
In you, we find our spirits and thoughts aflame
Of glory, courage determination joining the game
The will to pursue undeterred, the goals ahead
And to try, try again till success artfully touches us

You kindle the love and passion within us
To seek sublime goals and dreams ahead
In shades of red, orange, pink you are
The beautiful dawn and dusk of our horizon

Oh! Agni! We bow before you.....
Always be steady and help us glow
Do not get angry with us and rage
Inside and outside us spreading aflame

Jealousy, greed, strife, revenge shall follow soon
Unless you hold your reins predators we shall become
In the manipura chakra, above our navel you reside
Spiritually, the stomach organs health your domain

In the five fingers, the thumb you regally represent
Agnisar, Bahya pranayama, Prana mudra solves all maladies that come
We pray for your guiding light in this journey through
May we digest the challenges of life with ease and grow



WATER [VARUNADEV]

In you, we find our thirst for life quenched
Of flexibility, cool mindedness joining our side
The capacities to blend, mingle and adapt you give
Always pleasing and calming our harried nerves

You kindle the instinct of friendship and peace
Nourishing our spirits and balancing the heat
In shades of blue, turquoise and sea green we see
The beautiful raindrops, glaciers, rivers and the sea

Oh Water! We bow before you.....
Always be balanced in your downpour through
Let not the tide of tsunami and floods come our way
Inside and outside us may the check valves be safe always

Protect us from rudeness and harshness ever
May our tongues always please and empower others
In the Swadishtana Chakra below the navel you reside
Controlling all the five organs that swear, exhale, and excrete

Among the five fingers, the little finger you represent
Kapalbhati, sitali, varuna mudra solves all maladies that come
We pray for your coolness and abundance to spread within us
As we try to bind and unite our beautiful world together.

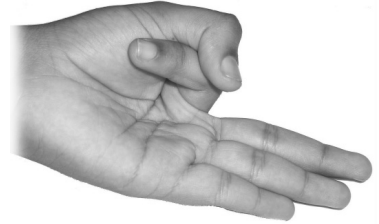
AIR [VAYUDEV]

In you we find our source of being rejuvenate
Of sustenance, survivals, well-being on our take
The motivational, pervasive force that pushes us
Achieving heights and impossible deeds ahead

Focus and attention when we breathe in right
You make us crave for all pure things bright

What shade are you is a puzzle to so many
Your presence can only be felt; unseen by any

Oh Air! [vayudev] we bow before you.....
Make us clear in our thoughts and deed
Let not cyclones and hurricanes play havoc
Inside and outside us to leading to turmoil



Protect us from thoughts that pull us down
May our presence always enliven people around!
In the anahatha chakra near our heart you reside
Governing and ruling all the organs of the thoracic

Among the fingers, the index finger you rule
Anulom-Vilom, apan-vayu mudra solves all maladies that come
We pray that you breathe easy on us all year through
Making us healthy, beautiful, happy and true.

EARTH [PRITHVI]

In you we find the footsteps of our life
Etched in the infinite memory of time
The source of our living nourishment you are
Laying before us life's eternal truth bare

Patience, Virtue perseverance your hall marks
Resilience to bear all pains and sorrows
In shades of brown, black, yellow and gold
You give room to all life green and blue

Oh Prithvi! We bow before you.....
Touching the ground we tread about
Let not earthquakes and volcanoes ever shake us
Inside and outside us making us impatient and fear

Protect us from life's tribulation and heart breaks in life
Dealing with patience and determination in all our trials

In the muladharachakra below our navel you reign
Regenerating and procreating organs your domain

Among the fingers, the finger that wears the ring you are
Omkarbhastrika, gyan mudra, sets all the maladies right
We pray that we tread softly on your ground
Oh mother, give us abundant energy in what we do.

SPACE [AKASH]

In you we find your vastness sublime
As we lie down watching the golden sky
The blazing sun, the crescent moon and the twinkling stars
We realize time and space goes hand in hand

You teach us the importance of space in life
In between words, things and people alike
What shade are you again we think
Blending and changing the colourful canvas in a trice

Oh Space! [akashdev] we bow before you.....
Help us for inspiration and creativity in our work
Let not thunders and lightning strike our head
Inside and outside us like a bolt out of blue

Protect and insulate us from all life's shocks
Let not too much space lead us astray
In the vishuddhi chakra in the throat you reside
Controlling all organs about it in your reign

Among the fingers, the middle finger you represent
Ujjayani, brahmarik and udan mudra solves all maladies that come
We pray that may intuition keep knocking our doors
As we tap universal consciousness for our needs!

*CA. Vijayalakshmi
W/o Comdt P. Chandramouli
ICGAS Daman*

PANCHTATVA

In the human body, each of the five great elements known as Panchabhutas has a corresponding sense organ by which interaction with its cosmic counterpart takes place - the ear for Akasa, the medium of sound, the skin for Vayu, characterized by the sense of touch, the eyes for Agni, characterized by light, the tongue for Jala and the nostrils for Prithvi.

The five temples of Panchabhuthas are :-

1. Chidambaram Natarajar temple representing Akash (space).
2. ThiruvanaikoilJambukeswarar temple representing Jalam (water).
3. Kancheepuram Ekambareswarar temple representing Prithvi (earth).
4. Thiruvannamalai Arunachaleswarar temple representing Agni (fire).
5. Sri KalahastiNathar temple representing Vayu (wind).

Human body and Panchabhootas:- The Five basic elements called PanchaBoothas are kept in a certain balance in the Universe and the body. The variation in this balance ends in natural disasters and diseases in the body. For example, the human body is also made up of Panchabhootas; the physical body with muscles and bones refers to Earth, blood and other fluid in the body refer to Water, the temperature of the body refers to Fire, the oxygen and carbon dioxide in the body refers to Air, the Athma (Soul) refers to Space.

*Mrs Radha Murugan
W/o Comdt B Murugan
ICGS Samudra Prahari*



**Five fingers of the hand corresponds
to the five Natural Elements.**

HEADQUARTERS



HEADQUARTERS



PANCHTATVA: NECESSITY AND A TEACHER

Panchtatva are the five constituents of life. life cannot exist without these five constituents which are Prithvi, Jal, Agni, Vayu, Akash. They are not only the reason for our existence but we also learn from these five. The things that we learn from panchtatva are as follows:

(a) **Prithvi** (Earth/Land)

Prithvi bears all of us and gives us food and place to live in without complaining. We should learn to give from this property of Prithvi. It also teaches us to be calm and keep working towards the success. Success may not be immediate but when in right direction success is assured.

(b) **Jal** (Water)

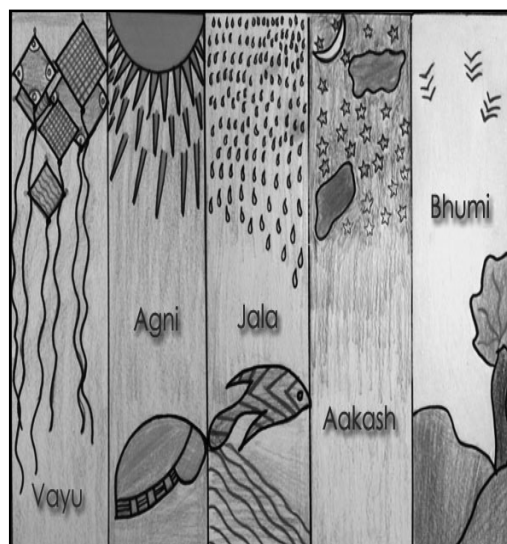
Jal is calm and takes the shape of whichever container it is kept. We should learn from water that we should adapt to the circumstances and act accordingly. If we are rigid we cannot be successful. Water actually teaches us to adapt.

(c) **Agni** (Fire)

Fire when controlled can be used for cooking and gives warmth during cold environment. when it is uncontrolled it can cause a large damage/ devastation. Fire teaches us that we should keep everything in controlled manner and use anything in a quantity that is required. Excess of everything is bad is taught by fire.

(d) **Vayu** (Air)

Vayu is the another essential part of life. We breath this air and its gives us the comfortable environment to live in. From Air we learn to flow from one direction to other that is out of the box thinking. We should not restrict our thinking to one corner but like air our thinking should be able to move from one corner to the other.



(e) **Akash** (Sky)

Sky covers us from various radiation and makes a layer around earth safeguarding it. It teaches us to safeguard our dreams and to never leave them till they are achieved. It also teaches us from its vastness that our heart should be big like sky and understand each other's feelings.

*Asst Comdt Gurpreet Singh
ICGS Karaikal*

THE NATURE : DELICATE COMPOSITION OF “PANCH-TATVAS”

The recent floods in the Uttarakhand State was so severe that it claimed so many lives, caused total erosion of the river embankments, damaged many roads, and also large number of bridges, culverts and vehicles were washed away in the deluge. This nature's fury in the state of Uttarakhand reminded me of the story that grandpa told me long ago. It was the story about 'Panch-Bhutas', also called the 'Panch-Tatvas'.

The 'Panch-Tatvas' are the five basic elements created and used by the God to compose the nature. These five basic elements are Vayu- air, Jal- water, Prithvi- earth, Agni- fire and Aakash- the space. Each of these elements play a vital role in maintaining the nature as it is created by the God. Now, let us come to the story. All the five 'Bhutas' or 'Tatvas' were happily performing their duties as assigned by the God and the nature was in perfect harmony with all resources and facilities available to all the creatures living there on.

One day, these five basic elements of the nature had an argument about their strength and their superiority amongst them. They decided to show their might to prove who among them is the most powerful and the most essential one in the nature. Vayudev stopped blowing and the air became still and stagnant. The atmosphere started heating up and everybody started sweating due to excess heat. The living beings started dying due to severe de-hydration and exhaustion. Then the air suddenly started blowing in high speeds and everything started falling apart, trees uprooted, high waves from seas took away the land. He displayed his might in whatever way possible. Prithvidev took his chance next, and he within seconds shook himself and it led to a massive earthquake. There was total destruction and only debris could be seen all around after the earthquake, leaving the entire land barren. Jaldev, on his turn, created a situation of severe draught. There was not a single drop of water and all creatures started dying due to thirst. Next was the turn of Agnidev. He, within no time, blazed over the entire nature engulfing everything and leaving only the ashes around. Finally, it was the turn of Aakash. He stopped giving space for any of the creatures and also for other elements. Thus, all elements took their chances one by one to demonstrate their might and how potentially powerful their actions could be. In the bargain to establish their superiority, they did not bother about the dangerous consequences of their actions. Every time they damaged the nature extensively and the nature remained an empty and barren entity without any life or activities.

The nature was so disturbed and it approached the God to save him from the dreadful consequence of the ugly fight between the 'Panch-Tatvas'. The God immediately called all the 'Panch-Tatvas' to his Darbar and ordered them to stop their fight over supremacy forthwith so as to maintain a peaceful atmosphere in nature. He explained them about the value of each element, the importance of each element in the overall composition of the nature and also how they are dependent on each

other for their existence. He said that none of them are superior or inferior to each other. If Agni the fire could eat up everything in its blaze, the Jaldev can extinguish it. If Jaldev can cause severe a drought, the Vayudev can neutralise it by bringing rain from the clouds. The life of every creature on earth is supported with air and water. The life cannot sustain in nature without their help. Even though Aakash gave the space, life can exist only with the support of the other elements.

All the elements realised their fault and also understood that they all are inter-dependant for peaceful co-existence in the nature. They have to maintain an equilibrium and one should never be the destroyer of the other. Realising their mistakes, they promised to live like members of a family with good cohesion and excellent co-ordination amongst each other so as to support the nature for the very purpose for which it was created by the God and thus maintain the tranquillity. They not only took the firm resolve to not to fight among themselves but also decided to express their anger on any disturbance over the nature due to any kind of external interferences including from those live within it.

These five elements, i.e the 'Panch-Tatvas' in nature are like five fingers of a hand. The way the fingers are indispensable and bonded together, the five elements are also indispensable to each other and bonded together in the nature. If this bonding is damaged by any activity, the entire system will be disturbed and de-stabilised. In such situations, the nature has an in-built mechanism to counter-act and neutralise the threats that pose such challenges to its equilibrium. The nature then expresses it's fury in the form of various catastrophes like earthquake, floods, tsunamis, etc and bring back the required balance in the nature.

The disaster in Uttarakhand can also be seen only as a fallout of the unmindful interventions of the human beings in the nature. The man has posed great challenge on the nature by building huge dams, bridges and also resorted to large scale mining activities thus severely affecting the sensitive balance of the ecological system. As mentioned earlier, the nature has its own way of expressing its disapproval of these unacceptable interventions that cause disturbance to it's very existence. The man has to eventually face the wrath of nature if he tries to de-stabilise it through his activities. The unmindful exploitation of the nature is therefore an open invitation to major disasters and natural calamities.

Let the tragic incident of Uttarakhand floods once again open our eyes to the realities and make the humankind focus more on their efforts to preserve and protect the nature rather than resorting to undue exploitation of the same. It is the right of all creatures to live in this nature, and also enjoy what it offers, as originally designed by the God. This awareness and conscious efforts only can help the mankind to save the nature and protect its very own existence in the nature.

Mrs Sajna Janardhanan

पंचतत्व के फूल

तीन चार फूल हैं
आस पास धूल है
बांस है बबूल है
घास के धकूल है
वायु भी हिलोरे दे
फूँक दे चकोर दे
कब्र पर मजार पर
यह दिया बुझे नहीं
यह किसी शहीद का
पुण्य प्राण दान है ।

विजय कुमार

उ/ नाविक

आई सी जी एस सावित्रीबाई फुले



पंचतत्व का शरीर है अनमोल

भोर की नींद से जब तू जागेगा
मीठे मीठे सपनों से नाता टूट जाएगा
सपनों पे कभी एतबार मत करना
ये पंचतत्वों का शरीर है अनमोल यूं ही बर्बाद मत करना
सपनों से अलग नई दुनिया तू पाएगा
निर्णय लेकर अगर कठोर तू खड़ा हो जाएगा
सपने बने हकीकत इतना पुरुषार्थ तुम करना
ये पंचतत्वों का शरीर है अनमोल यूं ही बर्बाद मत करना
सपना तो ये केवल तुझे राह दिखाएगा
तू खुद ही खुद को भंवर से पार ले जाएगा
किसी तिनके का कभी इंतजार मत करना
ये पंचतत्वों का शरीर है अनमोल यूं ही बर्बाद मत करना
राह पे चलेगा गर तू पाने को मंज़िल
कांटे चुभेंगे पाँव मे और थक भी जाएगा
जब तक ना मिले मंज़िल तू विश्राम मत करना
ये पंचतत्वों का शरीर है अनमोल यूं ही बर्बाद मत करना

राकेश खलको

नाविक (आर पी)

सावित्रीबाई फुले

पंचतत्व से पानी कैसे खो गया ?

घर की छत जगह जगह से टपक रही थी। बारिश का पानी छत के कई बिंदुओं से बूंद-बूंद गिर रहा था। इसे रोकने का एक ही उपाय था, सिमेन्ट से छत की पूरी सतह को सख्त करना और छत में भरे हुए पानी को निकालने के लिए छत के किनारे की ओर दो चार बड़े-बड़े छिद्र करना, जिससे पानी जल्द से निचे उतर जाए। घर की छत के लिए जो करना चाहिए वह हमने पूरे देश की पूरी भूमि के साथ कर दिया है, जो वास्तव में नहीं करना चाहिए था। भूमि की उ परी दसवीं सई च की परत की पूरी सतह को हमने कई तरीकों से अतिसख्त और कठोर बना दिया।

एक ओर प्रक्रिया हमेशा चलती रहती थी। बरसात का पानी जंगलों में गिरे सड़े-गले डालियों, फ़ल-फ़ूल और पत्तों के सेंद्रिय अवशेषों को अपने साथ बहाकर मैदानी भूमि की सतह पर बिछाया करता था। बाद में जंगलों का काटना शुरू हुआ जो आज भी चल रहा है। धरती को सख्त होने से बचाने की इस प्राकृतिक प्रक्रिया का कोई कृत्रिम विकल्प कभी हो ही नहीं सकता। एक और धरती की उ परी सतह को हम या तो कृत्रिम तरीके से सख्त व कठोर बनाते गए और जानवरों तथा जंगलों को समाप्त कर धरती की उ परी सतह के हल्के और रिसावदार बने रहने की प्रक्रिया को तोड़ते गए। दूसरी ओर, ज्यादा गहराई के ट्यूबवेलों का काफ़ी मात्रा में उपयोग करके हमने धरती में बड़े-बड़े छेद भी कर दिए।

भूमि की उ परी सतह सख्त होने से पानी का भूमि में रिसना कम या लगभग बंद हो गया। सारा पानी बहता हुआ नदियों के किनारों को तोड़कर, नदियों की गहराई को खत्म करता हुआ और नदियों की अधिक पानी जमा रखने की क्षमता को नष्ट करता हुआ समुद्रों में जाने लगा, परिणामस्वरूप कहीं तो बाढ़ आने लगी और कहीं सुखा पड़ने लगा।

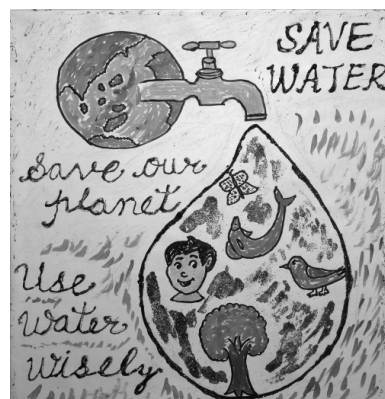
समाज के तथाकथित सभ्य लोग पानी के अपव्यय को रोकने के लिए प्रचार माध्यमों द्वारा काफ़ी उपदेश देते रहते हैं। जैसेकि 'नल टपकने न दें', 'नल बंद करें', 'पानी कम गिराएं', 'पानी बूंद-बूंद बचाएं' आदि। परन्तु उपदेश देने वाले यही लोग टायलेट में सबसे अधिक पानी बहाते हैं, घर में स्विमिंग पुल बनाकर पानी का अत्यधिक व्यय करते हैं, केवल शोभा के लिए उगाए गए कांटो वाले पेड़-पौधे (कैक्ट्स) के पीछे पानी बर्बाद करते रहते हैं, फ़ौव्वारों में स्नान करते हैं और अपने घर में केवल शोभा के लिए तरह-तरह के फ़ौव्वारों में कई घंटों तक पानी बहाते रहते हैं। ये वही लोग हैं जो बड़े कारखानों को चलाने के लिए लाखों लीटर पानी भूमि से निकालते रहते हैं। पानी का उपयोग करने के बाद उसे प्रदूषित कर जलाशयों में वापस छोड़ देते हैं। इस से नदी, तालाब आदि पानी के -ोत प्रदूषित हो जाते हैं।

इस स्थिति को कैसे बदला जाए, इस पर गहरा चिंतन आवश्यक है। भूमि के उ परी सतह से पानी रिसने और पानी का संचय बढ़ाने के लिए जंगल फिर से लगाए जाएं। इसके लिए भी जानवरों की रक्षा एवं वृद्धि अनिवार्य है। जंगलों की वृद्धि में जानवरों का सहयोग काफ़ी महत्व रखता है।

नदी तट से संबधित पंचायतों के माध्यम से, छिछली बनी नदियों को खुदाई करके गहरा बनाना चाहिए और किनारों को बांधकर वहां घास उगाई जानी चाहिए। इससे जानवरों के लिए चारा प्राप्त होगा और किनारे भी मजबूत और सुरक्षित बनेंगे। नदियों पर कम-कम दूरी पर छोटे-छोटे बांध भी बना सकते हैं। गांधी शांति प्रतिष्ठान के अनुपम मिश्र की पुस्तक 'आज भी खरे हैं तालाब' और अलवर के राजेन्द्र सिंह की पुस्तक 'राजस्थान की रजत

बूंदें में जल संरक्षण की जो तकनीक बताई गई है, उसके अनुसार देश के सभी तालाबों और सरोवरों का जीर्णोद्धार तथा तालाबों का निर्माण किया जाना चाहिए।

नदियों को जोड़ने की अरबों-खरबों रुपए की योजनाओं को छोड़कर कम खर्च में देश की जनता को पानी उपलब्ध कराने की योजनाओं के बारे में देश के नेतृत्व और शासन को सोचना चाहिए। धीरे-धीरे ट्यूबवेलों को बंद करने की प्रक्रिया कैसे शुरू की जाए, इस दिशा में गहराई से सोचना पड़ेगा। यह सारा कार्य कूछेक लोगों का नहीं है। शासन भी यह अकेले काम नहीं कर सकता और न अकेली जनता इसे कर पाएगी। जलसंरक्षण के इस मेहनती काम को शासन जनता की सहायता से करे और जनता इस कार्य में सहयोग करने की तत्परता रखते हुए शासन पर दबाव बनाए, तभी कुछ हो सकता है। पानी कैसे खो गया और जिस रास्ते से पानी खो गया, उन्हीं रास्तों से पानी को हमें वापस लाना होगा।



देवेद्र सिंह,
प्रधान नाविक (आरओ)
भातरपो सावित्रीबाई फुले

पंचतत्व

श्वास जिसकी तेज़ हो
प्राण, काल को अभेद हो
गति से जो नहीं डरे
गति से पथ पे पग धरे
अंत में क्षितिज मिले
पथिक वही जो चला चले !!

आत्म जिसका नीर है
धैर्य, द्रौपदी का चीर है
साथ की ललक नहीं
जो स्वयं रक्तबीज है
धार से जो तिलक करे
अंत में विजयपथ चढ़े
चहुदिशा वो एकमात्र वीर है !!

जो मुक्त हो अभिमान से
डरे नहीं बलिदान से
उसी सारथि के ज्ञान से
कृतार्थ हो धरा रही ।।

जो दीप प्रज्ज्वल रख सके
तमस की रात हर सके
विश्वास जागृत कर सके
प्राण है शाश्वत वही ।।

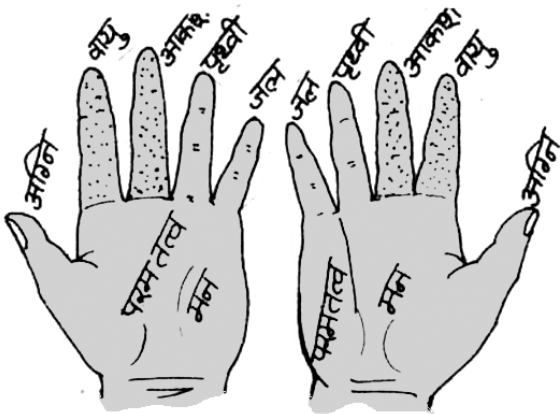
पथिक का तू सार बन
कि वीर का प्रहार बन
कमान आज हाथ ले
पंचतत्व साध ले
भंवर से न डर ज़रा
बाँध को तू बाँध ले ।।
रोके दंश क्या भला
है विषधरो में तू पला ।।

एस निशांध
उत्तम नाविक
भ.त.अ. कारैक्काल

पंचतत्त्व

पृथ्वी, जल, अग्नि, वायु व आकाश इन पाँच तत्वों द्वारा संसार की रचना मानी जाती है। अनेक धर्म-ग्रन्थों में भी इन्हीं पाँचों तत्वों को संसार की प्रत्येक वस्तु के विकास, परिवर्तनशीलता व अंत का कारण माना गया है। कहा जाता है कि प्रत्येक उत्पन्न होने वाली वस्तु, जिसका विकास एक नियमित दिशा में होता है, उसका अंत भी निश्चित है। अतः संसार नश्वर है व प्रत्येक वह चीज जिसका उद्भव हुआ है, उसका विनाश भी एक परम सत्य है। संसार की नश्वरता अर्थात् जीवन की उत्पत्ति व विनाश की कथा भी इन्हीं पंचतत्वों पर शुरू होती है व इन्हीं पर खत्म।

आइए, सर्वप्रथम चर्चा करते हैं उस तत्व की जिस पर संपूर्ण सृष्टि टिकी है व जिसके विभिन्न गुणों द्वारा मानव जीवन की अनेकों आवश्यकताएं परिपूर्ण की जा रही हैं। हम यहाँ बात कर रहे हैं पृथ्वी अर्थात् धरती या भूमि की जिस पर हम सभी ने जन्म लिया तथा जिसकी विलक्षणता द्वारा हम चल-फिर रहे हैं, खाद्य सामग्रियों आदि का उपभोग कर रहे हैं। इसकी घूर्णन क्षमता व गुरुत्वीय गुणों द्वारा हम नियत परिवर्तनों की अवस्था जैसे - दिन-रात, जलवायु परिवर्तन आदि विचित्र अवस्थाओं में विचरण कर रहे हैं। प्रत्येक राष्ट्र व उसकी संस्कृति में मातृभूमि की चर्चा पर विशेष जोर दिया गया है, क्योंकि जिस भूमि पर मनुष्य न जन्म लिया है व जिस भूमि द्वारा मनुष्य विभिन्न खाद्य सामग्रियों का प्रयोग कर रहा है, उसकी रक्षा करना व उसके दोहन को रोकना उसका परम कर्तव्य है। जबकि धार्मिक दृष्टि से देखा जाए तो कहा जाता है कि मानव शरीर के सभी अंगों के निर्माण में भी इसी तत्व की भूमिका है तथा मनुष्य मिट्टी में पैदा होता है, इसी पर विकास की सभी अवस्थाओं का निर्वाह कर इसी में मिल जाता है अर्थात् मरणोपरांत संपूर्ण शरीर इसी में लीन हो जाता है। उसी प्रकार जल की उपस्थिति भी सभी मनुष्यों, जीवधारियों, पेड़-पौधों आदि के जीवन का आधारभूत तत्व है। पृथ्वी पर सत्तर प्रतिशत से अधिक जल की उपस्थिति है, जिससे करोड़ों जीवधारियों का जीवन निर्वाह चल रहा है। पृथ्वी पर अनेकों रूपों में जल की उपस्थिति है। विशाल समुद्रों के खारे जल के रूप में, नदियों के मधुर जल के रूप में, झीलों-तालाबों के जल के रूप में, वर्षा के जल के रूप में आदि अनेकों रूपों में हम जल द्वारा अपनी आवश्यकताओं की पूर्ति कर पाने में सक्षम हो पाते हैं। आध्यात्मिक दृष्टि से विचार किया जाए तो मनुष्य का संपूर्ण जीवन भी जलीय गुणों से समानता रखता है, जिस प्रकार विशाल समुद्रों द्वारा जल वाष्पित होकर बादलों का रूप लेता है, फिर खण्डित होकर वर्षा का रूप लेकर, नदियों में प्रवाहित होकर पुनः विशाल समुद्र के जल में मिल जाता है, उसी प्रकार मनुष्य भी ईश्वरीय परमशक्ति का एक अंशमात्र है। इससे ही मनुष्य जन्म प्राप्त कर, विकास की सभी अवस्थाओं का भोग कर पुनः उसी ईश्वरीय सत्ता में लीन हो जाता है तथा जलीय प्रक्रम की भांति जीवन-मरण का यह क्रम भी निरंतर चलता रहता है।



अग्नि की मानव-जीवन में अत्यंत उपयोगिता है। सूर्य से प्राप्त होने वाली उर्जा व प्रकाश(तेज) भी उसमें ज्वलित होने वाली तीव्र अग्नि द्वारा ही प्राप्त होता है। अग्नि द्वारा ही व्यावहारिक जीवन के अनेकों कार्य सम्पन्न हो पाते हैं। वैदिक साहित्य में अग्नि को पूज्य तत्व माना जाता था तथा आज भी आध्यात्मिक दृष्टि से इसकी भूमिका अहम है। धार्मिक दृष्टिकोण से देखें, तो प्रत्येक धर्म में अग्नि को एक आध्यात्मिकता के पहलू से जोड़ा जाता रहा है व इस संबंध में सभी ने अपने-अपने मत

प्रस्तुत किए हैं ।

अब बात करते हैं वायु की जिसकी अनुपस्थिति में क्षणिक समय के दौरान ही संपूर्ण सृष्टि का विनाश हो सकता है । आज पृथ्वी पर सभी जीवधारी, पेड़-पौधे अपनी श्वसन की क्षमता द्वारा ही जीवित हैं, जो वायु की उपस्थिति में ही संभव है । वायु में उपस्थित अनेकों गैसों विभिन्न प्रकार से हमारे लिए प्राणदायक सिद्ध होती हैं

पृथ्वी, जल, अग्नि, वायु की भांति आकाश भी पंचतत्वों का एक अभिन्न अंग है । आकाश का विशालतम स्वरूप जीवन की बृहत्ता को प्रदर्शित करता है । जिस प्रकार आकाश अंतहीन है, उसी प्रकार वह ईश्वरीय परमसत्ता भी अपरिमित, अबाधित व अंतहीन है, जिससे मनुष्य जीवन प्राप्त करता है तथा जीवन की क्रियाओं का निर्वाह कर पुनः उसी में लीन हो जाता है ।

अतः सभी पाँचों तत्वों का गहनता से अध्ययन करने पर हम यही सार पाते हैं कि मानव शरीर इन्हीं पाँचों तत्वों के संयोग से उत्पन्न हुआ है व अंत में इन्हीं में लीन हो जाता है व इन सभी पाँचों तत्वों का सभी जीवधारियों व एक-दूसरे से घनिष्ठ संबंध है किसी एक भी तत्व की अनुपस्थिति में संपूर्ण सृष्टि की कल्पना भी असंभव है ।

हेमन्त राघव

स्टैनोग्राफर

सूचना प्रौद्योगिकी निदेशालय

हे अग्नि देवता

शरीर के पंचतत्वों में, आप हो विराजमान ।
आप से नियति और प्रकृति होती है चलायमान
सृष्टि की रचना भी हुई, अग्निमय विस्फोट से,
और दृष्टि की रचना भी हुई अग्निमय आलोक से ।
अग्निमय आकाश मंडल, अग्नि से निर्मित धरा है ।
अग्नि से नक्षत्र चक्रित, अग्नि से गति है, त्वरा है ।
अग्नि से उत्पत्ति सबकी, अग्नि में होते सभी लय ।
अग्नि अविनाशी, अमर है, अग्नि ऊर्जा स्रोत अक्षय ।
अग्नि से ऊष्मा ग्रहण कर, जगत के सब जीव उपजे ।
ज्योति का कर संक्रमण, विधि ने सचेतन जीव सिरजे ।
सर्वशक्तिमान, सर्वमंगलकारी अग्नि,
सर्वाहारी, सर्वविनाशकारी अग्नि
आप के हर रूप को मनुज का शत नमन है॥

चित्रा प्रियदर्शनी

पत्नी संतोष कुमार

सहायक इंजीनीयर

भा. त. र. पोत सी-150

GENERAL ARTICLES AND POEMS



INFERNO

Peek into my mind through one of those windows,
And my friend you shall see
There is a living breathing hell inside me.

A fire so carelessly ignited,
That you would want to blame me for not being far-sighted.
But peek into my mind and you'll see,
How it spreads like a wild-fire,
Consuming me, and everything inside me.

Fire licks my mind,
And shackles me in its embrace...
Comforting me, telling me it is only a moment's pain
Before I get to be, a feeling-less ...non-entity.

I let it consume me.
Fire consumes,
Tearing, crushing, igniting, shredding
Breathing flames of pain.
In its duress, I find myself being stifled,
As my mind continues being beaten and burnt.

I reach out my hand,
For someone to help me.
Vines of fire grip and shackle me,
Pulling me back into that sea of red
Telling me to belong with pain.

As I am about to be reduced to ashes,
To be then blown-away into nothingness
I find a source of rescue;
A cool touch pristine.

It holds my hand and pulls me,
From that place I would never want to see.
I lay my head in her bosom
and let her heal me,
as she caresses my scars and seals them into mystery.

In her embrace i dwell,
And she is careful not to let my heart swell,
With pain, passion or fire.
But with nimble hands
And such agility.
Oh! See how she sews my heart and fabrics of tranquillity.

Like a beauteous silver moon,
She glows silver, yet alone.
Like a magnificent serene unicorn
On a cool winter's night,
She heals me and banishes fright.

Like a mysterious dream,
Unfamiliar yet known.
She veils her face,
Not wanting to be shown.

I wonder who she is,
And want to thank her for the profound bliss,
She graciously bestows upon me.

She lifts her veil and smiles,
And in her face I see..
She is,
Me.

Commandant Kanchan Verma
CGHQ



(वयम् रक्षामः)- ROOTS DEEPER THAN OCEAN

The Indian Coast Guard very appropriately chose its motto 'Vayam Raksham' (वयम् रक्षामः) which means 'we protect'. The motto is apt as it encompasses every aspect of duties performed by CG Personnel at sea. The motto is magnificent, sublime and striking and probably couldn't have been better. I wished to convey my appreciation to the person who chose this motto when the service was created but couldn't trace who this man (or woman) was. I was late to realize this as Shri KF Rustomji, the man credited with creation of this glorious service, had already departed from this world. I also wanted to know from him how he chose this motto. I wanted to discern whether the genesis of this motto was same as I have always been wondering.

The story starts as early as creation of this world. The legend has it that when Brahma created this world, he created oceans and creatures along with it. Those created beings went to Brahma and said "What do we do? At that moment they were tired from hunger and thirst". He told them to protect (रक्षा) human beings by their effort. Some of the beings who were hungry said 'rakshamah' (रक्षामः, shall protect) and some who were not so hungry said 'yakshamah' (यक्षामः), shall grow or worship, the exact meaning is not very clear as both connotations have been assigned at different places). Brahma ruled that those who have uttered रक्षामः shall be called as Rakshas (राक्षसः) and those who uttered 'यक्षामः' shall be called as Yaksh (यक्षः). The extract from Utarakaand section of Valmiki Ramayana is reproduced below:-

प्रजापतिः पुरा सृष्ट्वा ह्यपः सलिलसम्भवः ॥

तासां गोपायने सत्त्वानसृजत्पद्मासम्भवः ॥९॥

हे राम ! (भगवान् विष्णु के नाभि) कमल से उत्पन्न हो, ब्रह्मा जी ने सब से प्रथम जल की सृष्टि की, और जल की रक्षा के लिये उन्होंने अनेक (जल) जन्तुओं को बनाया ॥९॥

ते सत्त्वाः सत्त्वकर्तारं विनीतवदुपस्थिताः ॥

किं कुर्म इति भापन्तः क्षुत्पिपासा भयार्दिताः ॥१०॥

वे सब जीव विनीतभाव से सृष्टिकर्ता के पास जा खड़े हुए और बोले कि , हम क्या करें ? उस समय वे मारे भूख और प्यास से विकल हो रहे थे ॥१०॥

प्रजापतिस्तु तान्सर्वान्मत्याह प्रहसन्निव ॥

आभाष्य वाचा यत्नेन रक्षव्यमिति मानवाः ॥११॥

प्रजापति ने मुसक्या कर उन सब से कहा कि, हे प्राणियों ! तुम यत्नपूर्वक मनुष्यों की रक्षा करो ॥११॥

रक्षामेति च तत्रान्ये यक्षाम इति चापरे ॥

भुक्षिताभुक्षितैरुक्तस्ततस्तानाह भूतकृत् ॥१२॥

उनमें से कुछ भूखे प्राणियों ने कहा, "रक्षामः" (अर्थात् हम रक्षा करते हैं) और उनमें से कुछ क्षुधा रहित प्राणियों ने कहा, "यक्षामः" (अर्थात् हम उत्तरोत्तर वृद्धि करते हैं) ॥१२॥

रक्षाम इति यैरुक्तं राक्षसास्ते भवन्तु वः ॥

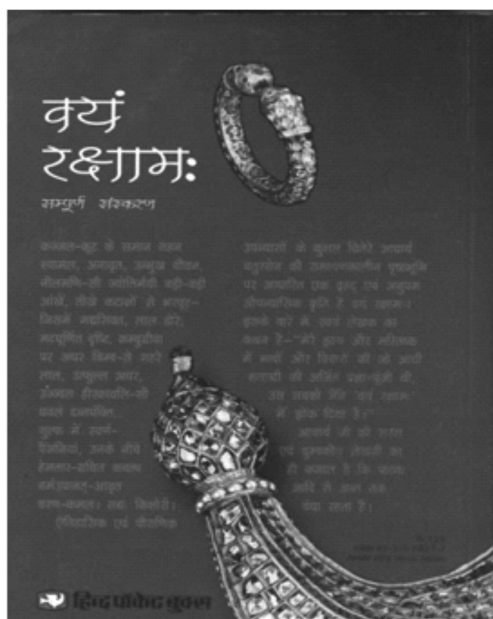
यक्षाम इति यैरुक्तं यक्षा एव भवन्तुवः ॥१३॥

उनका यह कथन सुन ब्रह्मा जी बोले कि, जिन प्राणियों ने कहा था कि, "रक्षामः" (हम रक्षा करते हैं) वे राक्षस हों और जिन्होंने कहा, "यक्षामः" वे यक्ष हों ॥१३॥

Both these races have later ruled Lanka (now known as Sri Lanka) over different periods of time. Lanka was initially inhabited by 'Rakshas' and 'Daityas' who due to harassment caused by regular wars with 'Devtas' made a tactical move to shift out of Lanka to Pataal Lok. On the other side, Kuber, son of Vishrava rishi in the lineage of Pulastya rishi, became the king of Yakshas. Kuber, as advised by his father, re-established the kingdom of Lanka which was abandoned by the Rakshas and inhabited it with Yaksha people.

Later, Sumali, one of the Rakshas, decided to reclaim Lanka from Kuber for the Rakshas race and married his daughter Kaikasi to Vishrava rishi to have a bright son who could take on Kuber. Thus, Raavan was born in Rakshas race who took over Lanka and Kuber moved to the region near Kailash mountain in Himalayas. Those days a large number of clans like Asur, Daitya, Danav, Dasyu, Nag etc were living on the southern shores of India and Lanka. Raavan brought Aryans, Non-Aryans and all these clans together and formed 'Raksha Vansh' (Raksha means protecting people). Raavan propagated "Raksh Neeti" which meant equality for all.

In 1955, Acharya Chatur Sen, a well respected Hindi writer and author of famous historical novel 'Vaishali ki Nagarvadhu', wrote a fictional novel in the backdrop of ancient history and mythology of Raavan's time. The central character of the book is Raavan, and the script revolves around his philosophy and running of the kingdom of Lanka. This book also delves upon Raavan's efforts in conquering and uniting various clans of his time and his philosophy of 'Raksha Sanskriti'. In the book, Raavan has been described as propagating his 'Raksha Niti' under a slogan 'Vayam Rakshamah', implying that all the clans/races who accept coming under his empire, get the protection. With 'Vayam Rakshamah' as their motto, the Rakshas were a maritime nation who had harnessed the forces of nature—wind, rain, light and fire, and Raavan governed a vast kingdom with boundaries extending over South Asia. This fictional book of Acharya Chatursen in the historical backdrop of Raavan was titled as वयम् रक्षामः (Vayam Rakshamah).



Thus, to sum up, the marine creatures created by Brahma, who responded with 'Rakshamah' when directed to protect mankind, were named as 'Rakshas'. Raavan king of these Rakshas, propagated 'Raksh Sanskriti' and the title of book named 'वयम् रक्षामः', based on his life story, becomes the foundation for motto of Indian Coast Guard. Thus, 'Tatrakshaks', modern day mariners, continue with the ancient tradition of protecting mankind from perils of oceans.

- DIG Rajan Bargotra

THE SAREE SHOP AT ALWAR

The shop, ten feet by four, is stuffy and smells of soap, hair-dye and new clothes.

We lower ourselves on the narrow wooden bench against the wall. The five salesmen facing us are smiling, and we return their greetings feebly. Being customers we can't be as exuberant as them.

The salesmen are seated on a longish white mattress that occupies the entire length of the shop. Between us is a narrow space in which we adjust our legs at an angle. The racks in the walls are stacked with sarees of different colors, the names of which all the women in our town I am sure, including my wife, have distinctly identifiable names I can never be familiar with.

We are in the heart of Bajaja bazaar, a busy market place in Alwar, a small town in the country's rustic north, the place where we live. I hate to shop for sarees, yet I am smiling, faking an emotion all married men are so good at.

The shop we have come to buy saree from, one that's going to be a birthday present for my wife, is called 'The Bestest Saree Store'. I always wanted to tell the salesmen that there is nothing beyond the word best, and between 'good, better and best,' the word 'best' already enjoys the highest decorative position. But knowing it's useless to tell them, I have never actually tried to speak my mind. The distortion of the English language at all places, public and private, in most small Indian towns, is taken for granted and sometimes I wonder, if it is a subconscious revenge on the British who had to leave our country halfheartedly more than six decades ago.

There's one very old salesman, about seventy I guess, but his hair is jet black and combed right back on top which makes his forehead look bigger and eyes hanging way down. Rest of his face beneath the eyes – nose, thick, dry lips, and chin – seems to finish in a hurry. His eyes are constantly watering, which he keeps wiping into a handkerchief that he is holding in one hand. As if there is a vibrator residing somewhere inside him, his hands are constantly shaking.

There's another salesman who sits close to the old man, his smile excessive, and they look a collective picture of agreement, both folding their hands in a Namaste. This other salesman is younger, about fifteen maybe, and has delicate features which make him overtly feminine, a trace of moustache that's hesitant in its arrival on his very fair face, struggling for attention. While we return their greetings, the smiles on the faces of the other three have vanished as they busy themselves in their routine jobs and that makes us aware who our handlers would be from this moment on.



'Welcome to the Bestest Saree store, madam. In the name of Lord Krishna (he is aware of the caste we belong to), what can I show you on this wonderful day?' It's the old man, his hands still folded in a Namaste. Before my wife can react he goes on, 'Let me show you our regular wear, easy to wash and maintain, and perfect for the summer... the

stock just arrived last evening.'

Without a reaction from either of us he makes a dash towards the right to a spot beyond the effeminate salesman. My eyes follow his and I spot someone else, a sixth salesman. But all I can see is a head that is bobbing out from a small hole in the mattress. Before I can fully register his features, it disappears into his small hole. Apparently there's a store right beneath us. The old man shifts and the wood under the mattress creak. I resist the urge to move.

The head is back in a matter of seconds and half a dozen sarees, in see-through plastic covers, glide over each other as he pushes the lot along the mattress. The old man removes one, opens it with a wild action that seems more gentle than wild. He holds one end of it as about six feet of fresh smelling cloth flies across the two of us and spreads on the entire length of the mattress. The effeminate salesman picks it up and drapes it across his ill built chest and flutters his eye lashes.

The old man is smiling and now there's a pause. Everyone's looking at my wife. I look at her too. She, very gently, perhaps without knowing it herself, moves her head suggesting a no.

The old man beams and declares, 'I knew this wouldn't be your taste. Let me show you something that arrived this morning which is yet to be included in our stock.' He lays special emphasis on the word stock. The man who is sitting at the extreme end, and who certainly looks like the owner – for, at about thirty he doesn't seem to be even a wee bit ashamed of the enormous paunch he has accumulated – wakes up from his drowsy half-eyes-closed boredom and returns the smile of the old man.

I know the lie – it is far too obvious – but my wife's eyes have slightly brightened. I take it as a good sign. The man from the hole pushes another half a dozen sarees. The old man repeats the demonstration, but my wife remains unmoved. I am beginning to lose patience which I know I mustn't, so I look outside.

The outside is as alive as it could be on this typical summer day in June. I watch lives that pass by in the narrow lane: a buffalo, a rickshaw, a woman in a burqa who walks like a man and I have no way of knowing if there indeed is a man in it, two giggling teenage girls followed by a teenage boy on a 100 cc motorcycle, a pig with about a dozen piglets in tow. I know I can't risk being less interested in the shopping we are here for, so I quickly return my attention back to the sarees.

My wife is now inspecting a different stock, which the old man asserts is reserved for a select few. I notice him take out a very thick wet tongue and run it over his dry lips. I watch the effeminate boy notice it too and his actions achieve a new exaggeration. Now he is almost dancing in excitement with the soft saree draped across his chest and over his shoulders.

My wife's attention is undivided. I can see it in the manner her eyes have opened a shade wider and a smile that's sitting on the edge of her lips.

My opinion is sought for one of the sarees but very slowly I move my head in a no.

Two women arrive and sit next to us, their legs at an angle away from ours. In a flash they are greeted by a new pair of salesmen who were sitting quietly in one corner folding the sarees we had rejected. The younger of the two ladies is wearing excessive make-up, making me wonder if she is competing with the intolerable summer heat with the garish colors on her face. It's difficult to make out if she is pretty or not. Her head moves in a continuous no while the smiles on the patient salesmen stay.

A few more minutes trickle by. My wife now seems impatient and I know it is the beginning of her journey towards acceptance. The shopkeepers know it better and the man from the hole reappears with two plastic glasses of bubbling colas. Heat and thirst have made us vulnerable enough to accept their hospitality greedily.

There is a muffled scream and I turn to discover the young, excessively made-up woman as its source. She hasn't liked the saree, we learn, but it is the same one she had seen a relative wearing at a family function recently.

'It's for a thousand rupees? That's all?' She seems ecstatic. The salesman attending her scratches his face in return, takes a long breath, checks his mobile phone perhaps for missed calls or messages etc, while all of us turn to look at the exited young woman. She turns to face my wife.

'You know people speak such lies these days... my relative, my husband's cousin's wife that is... she was wearing exactly the same saree and she told me that she got it from Mumbai for ten thousand rupees. Can you believe it? How cheap of her?' She turns back and within seconds the saree demonstration resumes.

The fat owner replaces the old man now and smiles at us looking very fresh. It's hard to imagine until a few seconds ago he was dead with sleep. There's a sparkle in his eyes now and his voice is sharp as if he is dubbing for a cartoon character in a movie. The man from the hole reemerges with a fresh lot of sarees.

The owner whispers, 'I am showing you now what I had reserved for the wife of our local minister. These are for your eyes only. Please keep it as a secret or I will be in a lot of trouble. I don't want a customer with such a good knowledge of quality and taste to go from my shop empty handed. I know you are going to love these exquisite pieces. These are not plain sarees madam, but pieces of art.'

I am certain he is lying. The manner in which he says it makes me suspicious. Shopkeepers are known to be extra nice to people who matter; in fact, who isn't, I wonder. My wife, however, seems to completely believe him. The sarees he is showing indeed seem better or I have become the victim of his smart salesmanship trick – someone did turn a few more overhead lights on – I am not sure.

Like every time, I have reached a point from where everything looks fine and I want to get out of the shop as soon as possible. Meanwhile the young woman with the excessive make up, after two glasses of cola – the second one I noticed, she demanded complaining about the heat – has left the shop without buying anything, her silent partner in tow.

A fresh demonstration has begun and when the fat owner swings his one hand to release the six feet of the garment, the energy in the shop is palpable. The other salesmen and the man in the hole are watching with awe.

The young boy gently picks the saree and covers his slender chest with it. When my wife is unmoved, another saree is flung open, then another. Finally I notice her eyes flutter. Her eyes are fixed on one saree, so she doesn't notice the calm that descends on the faces of all the salesmen and the quick glance of admiration they give to their owner.

I am consulted and I take my time to examine the saree, before allowing the smile to appear. 'I think this one's perfect.'

But my wife needs more assurance, which I know the owner is expecting. So he explains about the fabric, the pattern, the style, the sewed sparkles on it, and the correctness of the color etc. The saree is kept aside and more are shown.

I turn my attention to the outside once more. The scene outside is more interesting. A camel walks by languidly, a donkey foraging for food, a family of four on a bicycle that is miraculously moving without falling, a cockerel chasing a hen, two tribal men walking wearing loin cloth and jewelry made of bones.

By the time I return my attention to the sarees, my wife has shortlisted three more of them. I am asked to pick two of the four to complete the purchase. There is a quiet and I feel all eyes on me, most of all, my wife's.

I can't risk looking casually at them, so I look for an easy reason to support the two I must choose. All are different shades of red. Or is that pink? Or orange? I can never tell the difference. To give everyone an idea about how serious I am, I pick each of the sarees and feel the fabric between my fingers. The quiet remains. I am sure the salesmen, all from the male species, must be laughing inside. They are sure I don't know a thing.

I finally declare my choice, searching for approval in my wife's eyes. My choice has to coincide with hers. But before that the owner chips in, 'Madam let me assure you that there is no problem. If you don't like these sarees and realize later at home, please bring them back and we will be happy to exchange them. We are a family, aren't we? And I mean it when I say this, in the name of Lord Krishna.'

After two hours we walk out into the harsh sun like winners, armed with two sarees. My wife is happy and I can see it on her. I am happy because she's happy. And the shopkeeper's happy because they made good sales on an otherwise drab, summer day.

Kulpreet Yadav, Commandant, CGHQ

FAR FROM THE MADDING CROWD

"Far from the madding crowd

Far from my deafening and tumultuous city

Far from the cacophonous lull of city life

Far from the pain of separation

And far from everything I encompassed in my life

As me,

I found a paradise . My paradise.

As the mountains rose in my eyes, my heart soared in symphony.

As I watched everything draped in green, I began to drape myself with bliss.

That bliss which seemed so familiar, but eluded me forever.

When I return to my deafening city, to the madding crowd, to my tumultuous life,

All I shall long for

is to hear the song of my paradise when I sleep.

Let it be my lullaby,

for eternity."

*R Prahalad
S/o DIG N Ravindran, CGHQ*



REGION (WEST)



REGION (WEST)



HOW TO SUPPRESS EGO

LEARN TO BE A GOOD TEAM PLAYER

Most of us think that we are good team players. But the truth about it surfaces in difficult situations. Ego is the biggest obstacle in our way to becoming a good team player. How to deal with our ego? Ego makes us insensitive and adamant. We begin to quarrel over trivial issues and damage our relationship with other person. In worse situation, one work against team's goals. How to suppress the ego :-

1. Suppressing the urge to react when our ego is hurt is the first step.

Shedding ego becomes easy when we place the team's cause above ours. Develop respect to others and remember that they all are equally important for the team's success.

2. Learn to overcome the ego.

Practice overcoming ego by taking responsibility for our mistake. When we see mistakes as part of our learning process, we do not feel guilty about them and try to defend them. When team members understand each other, maintain friendly relations, collaborate and cooperate. Helping others and sharing their work gives us a break from monotony, improves competence and brings good will. By fostering friendly relations in the team we nurture a healthy work environment. In such an environment communication is smooth and increases participation. This also makes us more tolerable and forgiving. Be honest and learn to express our opinion in a pleasing way without hurting others. Allow the information to flow, not assuming things and spreading rumours are two elements of honesty at the work place.

*A Prakash
U/Adh(P)
BMU(CH)*



THE TOP REASONS TREES ARE VALUABLE

The trees around us are extremely important and have always been necessary for improving the human condition and their very existence. It's not too hard to believe that without trees we humans would not exist on this beautiful planet. In fact, some claim can be made that our mother's and father's ancestors climbed trees - another debate for another site.

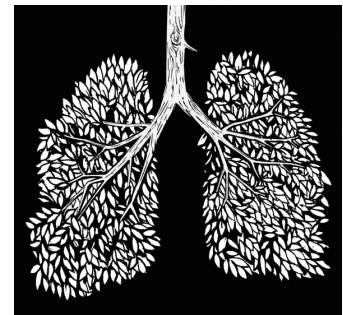
So, trees are essential to life as we know it and are the ground troops making up an environmental frontline. Our existing forests and the trees we plant work in tandem to make a better world.

At the very beginning of our human experience, trees were considered sacred and honorable: oaks were worshiped by the European Druids, redwoods a part of American Indian ritual, baobabs a part of African tribal life, to the Chinese the ginkgo link and monkey puzzles to the Chilean Pehuenche. Romans and scholars during the Middle Ages venerated trees in their literature.

The modern human community has other, more practical reasons to admire and honor trees. Here is a short list of reasons trees are necessary for improving our worldly condition.

1. Trees Produce Oxygen

Let's face it, we could not exist as we do if there were no trees. A mature leafy tree produces as much oxygen in a season as 10 people inhale in a year. What many people don't realize is the forest also acts as a giant filter that cleans the air we breath.



2. Trees Clean the Soil

The term phytoremediation is a fancy word for the absorption of dangerous chemicals and other pollutants that have entered the soil. Trees can either store harmful pollutants or actually change the pollutant into less harmful forms. Trees filter sewage and farm chemicals, reduce the effects of animal wastes, clean roadside spills and clean water runoff into streams.

3. Trees Control Noise Pollution

Trees muffle urban noise almost as effectively as stone walls. Trees, planted at strategic points in a neighborhood or around your house, can abate major noises from freeways and airports.

4. Trees Slow Storm Water Runoff

Flash flooding can be dramatically reduced by a forest or by planting trees. One Colorado blue spruce, either planted or growing wild, can intercept more than 1000 gallons of water annually when fully grown. Underground water-holding aquifers are recharged with this slowing down of water runoff.

5. Trees Are Carbon Sinks

To produce its food, a tree absorbs and locks away carbon dioxide in the wood, roots and

leaves. Carbon dioxide is a global warming suspect. A forest is a carbon storage area or a “sink” that can lock up as much carbon as it produces. This locking-up process “stores” carbon as wood and not as an available “greenhouse” gas.

6. Trees Clean the Air

Trees help cleanse the air by intercepting airborne particles, reducing heat, and absorbing such pollutants as carbon monoxide, sulfur dioxide, and nitrogen dioxide. Trees remove this air pollution by lowering air temperature, through respiration, and by retaining particulates.



7. Trees Shade and Cool

Shade resulting in cooling is what a tree is best known for. Shade from trees reduces the need for air conditioning in summer. In winter, trees break the force of winter winds, lowering heating costs. Studies have shown that parts of cities without cooling shade from trees can literally be “heat islands” with temperatures as much as 12 degrees Fahrenheit higher than surrounding areas.

8. Trees Act as Windbreaks

During windy and cold seasons, trees located on the windward side act as windbreaks. A windbreak can lower home heating bills up to 30% and have a significant effect on reducing snow drifts. A reduction in wind can also reduce the drying effect on soil and vegetation behind the windbreak and help keep precious topsoil in place.

*SK Raj, Ytk (ER)
ICGS Rajshree*



KIDS NOT LISTENING? – HERE ARE 10 TIPS TO DEAL WITH IT!

As parents we have all faced it. The kids are not listening to you without you repeating yourself over and over and it's driving you crazy. You give them chances or count to ten and they still won't listen. Here are some tips to deal with it.

Consider Their Age

Children's nervous systems grow at a slow pace. Children simply aren't capable of some of the things we expect out of them. Don't think of them as little adults. That doesn't mean that we can't set limits. On the contrary - as parents, it's one of our responsibilities. But we may have to patiently step in to set those limits physically. **Instead of telling them what to do repeatedly, tell them once - then "help" them to do what you asked. This can be done kindly but firmly and consistently.**

Change Your Behavior

Instead of expecting them to change their behavior, change yours! What you're doing isn't working, right? Consistently being firm over a period of time will let them know what is expected of them. Children are impulsive and may be incapable of putting the brakes on themselves, no matter what we've told them to do. That's where we step in!



Listen to Yourself When You Talk to Them

Are they tuning you out because everything you say is negative? If you were lecturing and yelling at me all day, I would tune out too! It's a natural reaction and unconscious for anyone to discount someone who is negative. Yet as parents, most of the time what we say has a negative tone. "Don't do this, don't do that." **Quit talking or yelling so much and take action, balanced with patience, of course.**

Don't Give Them Repeated Chances

Tell them once instead of counting to three or giving them repeated chances. Think about it - do we really expect them to move before we get to ten? When we reach ten - they know we mean business! Being firm doesn't mean we have to be cruel or mean when we do it. **Having firm limits means that we react consistently to issues when confronted with them.** They know what to expect!

Try Lowering Your Voice Instead of Raising It!

My father was very good at this.....I knew he meant business when he would lower his voice. I listened! Of course he would follow this up with action! At the very least, the kids would know that something has changed.....hmmmmmm no yelling, that's different!

Keep Your Emotions in Check

The kids are going to push you - it's one of their jobs! They'll see how far they can go and it's

your job to set limits. If you are having a problem with anger, take a deep breath. Go to another room. Ask the help of your partner. You can set up a signal beforehand with your spouse and they'll know to step in.

Keep in Touch With Other Parents

Join a parenting group or online forum to get tips from other parents. Schedule a parents afternoon with friends to discuss issues and get new tips.

Set Time Aside for Yourself!

You need to regroup and relax. Read a book, take a bath, play golf. Anything that gives you a break and broadens your experiences.

Seek Professional Help

Get professional help if you frequently get out of control or angry. Anger doesn't help and leaves you feeling guilty and creates further problems.

Take Care of Yourself!

Because raising a child is work and you need energy to deal with all the issues. Eat right, exercise and have regular checkups. Pretend you're running a marathon because you're in this for the long haul!



*MV Prakash, USE
CGRPT (V)*

“SAVE US”

Then wind so pure, fresh & cool,
With the flowers changing hues.
The children played between the trees,
Without paying any fees.
Unlike children of modern cities,
For whom fees restrict garden entries.
Where is the fresh food from the farm,
Out fast food does more harm.
The earth is becoming too warm,
Ringing warning bells of alarm.
Now there is dust & smoke
For people to cough & chock.

*MK Jha
Nvk(Wtr)
ICGS Raziya Sultana*

TECHNIQUES TO KEEP YOURSELF STRESS FREE

If you know the technique of how to stay stress free, you can certainly perform better at work even under pressure. Here are some of the techniques to relieve your stress.

1. Have a set time for rest and relaxation in your daily schedule. This is your time and let not any one steal it from you.
2. Do what gives you sense of joy and happiness. Indulge in it. This will recharge your spirit.
3. Do not treat all problems like earthquake.
4. Give little attention to small problems. Do not magnify issues and spend time in pondering over them continuously. Try to get advice, ask people what they would do in your situation.
5. Spend time with people who are jovial and have positive & problem solving attitude, rather than people who are always carrying problems on their shoulders.
6. Give time for family get together and outing on a regular basis.
7. Humour is a great stress reliever, especially when one is experiencing emotional stress.

*A Prakash,
U/Adh(P)
BMU(CH)*

SAVE OUR PLANET

The Sun and the Stars had a talk,
What did Human do,
They are ***destroying the poor earth,***
The planet, ***where they took birth.***

Stars said to the sun,
Trees are being ***cut down so badly,***
Trees talk to us, ***so sadly,***
Human don't think ***how the trees feel,***
From where they get ***fruits & vegetables***
for their meals

The Stars said to the Men,
Stop ***destroying the innocent one.***
You are ***cutting them for your fun,***
Now I say, ***Save our Friend Tree,***
And let ***all natural resources be free.***

*Mrs Rupali Gill
W/o Comdt MS Gill*



REGION (EAST)



REGION (EAST)



PEER PRESSURE

Sid was just fourteen when his father got posted to Delhi. A new school with a new set of friends and life changed completely. The environment changed. Read on to find what happened to a docile boy who went on to do things not because he believed in himself, but because it would have been 'uncool' to do it his way.

Sid entered the school premises with his mother. As he was shown the way to the new class room, he waved to his mother more than once. He heard someone say, "Oh! mumma's boy, why didn't you say, see you mom...I'll miss you...."

Sid looked around and a group of girls looked his way and hurriedly he went inside the classroom. The class teacher Mr. Sumit Arora was impressed with Sid's past records and welcomed him in class. Sid introduced himself amongst murmurs, whispers and giggles. There was something alien to this set of classmates.

The familiar shrill bell sounded ushering the students towards the school canteen. Sid noticed none had a tiffin box in hand and he didn't have money. He waited for every one to leave but none was in a hurry. Perhaps, they were waiting for him. A boy Puneet signaled to call him and said, "Hey silent movie...come on join us.....I'll pay your bills today." Sid followed everyone and had noodles, sandwiches and a fruit drink, things he never enjoyed. Something was wrong...he couldn't tell that he wanted to have the delicious meal his mother had prepared. But this group had something in them. He felt overawed. They were fun loving and very smart. After a while Puneet announced, "the next class is to be bunked my dear Sid because it's a norm with our group." Sid widened his eyes in return and said, "No, I can't do that. My mother won't like it."

To this Simrat replied, "but who will tell your mother...you...no...of course not because you are a big boy. A small decision without mumma won't hurt your interests. I am sure."

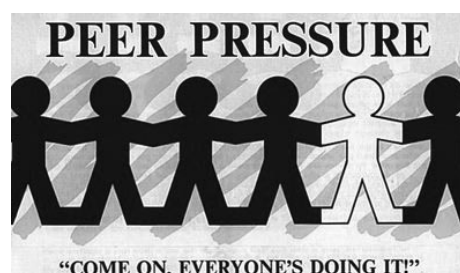
Sid mumbled something to himself, but followed them. His heart skipped a beat when he answered his roll call. Then it was time to wriggle out. He was the clumsiest of all but at last he managed to sneak out of the class. He found his voice when he asked, "Where will we go?"

Simrat replied, "Chemistry lab."

"But what if we are caught" enquired Sid.

"We'll never be...these are the peak hours of the chemistry teachers... here are their time tables...come on..." replied Sameer.

It was a sure shot 'timepass.' Everybody talked in hushed tones, made programs for the evening and it was decided



that all would meet near Sid's house that evening; Venue: Burger Inn. Time: 5:30 pm

Sid reached home. For the first time he did not have much to tell mummy. He did not do much in class after break hour and what he did was 'not for home consumption' as described by friends. By evening Sid somehow managed to reach 'Burger Inn' to treat his friends. His pocket money was over in a day.

The next day he left for school. He refused the tiffin box but his mother did not listen and pressed harder. Sid had to keep it in his bag. He told his gang, "I have a tiffin...come let's finish it off. I can't hurt my mother's sentiments." But Sid overlooked the fact that he was hurting his life. He had missed study hours in a row and all concepts did a fly-past. Assessments were just round the corner, but nothing seemed familiar.

Fear gripped Sid as days went by. His mother's trust hurt him more. The exams came and went. His gang was quite smart and experienced as they said, "we manage with each other's help." But for Sid it was like a death-knell. His report showed very poor grades. It devastated him. The teacher wanted to meet his parents. Sid was shattered. He had lied each day that he had done well. His parents believed him and were waiting for the results. The rest of his friends had 'managed' average grades.

Simrat counseled him, "I know where the report cards are kept...in the staff room. Tear yours and the teacher won't find it. You will buy peace for some time."

This was another poor idea, but Sid did it. He tore the report card but he was just too unlucky. A teacher entered the staff room and Sid threw it in the dustbin, excused himself and left. His friends told him that no one would notice but Sid was undergoing guilt pangs all of a sudden.

The next day, Sid looked sick and his parents vibrant. The class teacher

Mr. Sumit Arora saw them and asked them to wait. After a few seconds they were ushered to the Principal's room. Sid's report card and past records were with the Principal. His report card had been joined together. Sid was caught and his parents shocked. His mother actually wept as father gave explanations one after another. Sid was speechless.

A warning was issued to Sid. It was indeed the most painful day of Sid's life.

Sid's parents were quiet on their way back home. His mother looked ill and father in control. They had a quiet lunch and dispersed. His father headed towards the study.

After sometime Sid's father knocked his door and entered his room. He went and sat on his son's bed, tugged his blanket around him as if Sid were a child. Then he told Sid, "We all make mistakes but the wise learn from their mistakes and don't repeat them. I have just tied up with few tutors who will help you to cope up with studies. Rest, work hard and be normal. We still trust you."

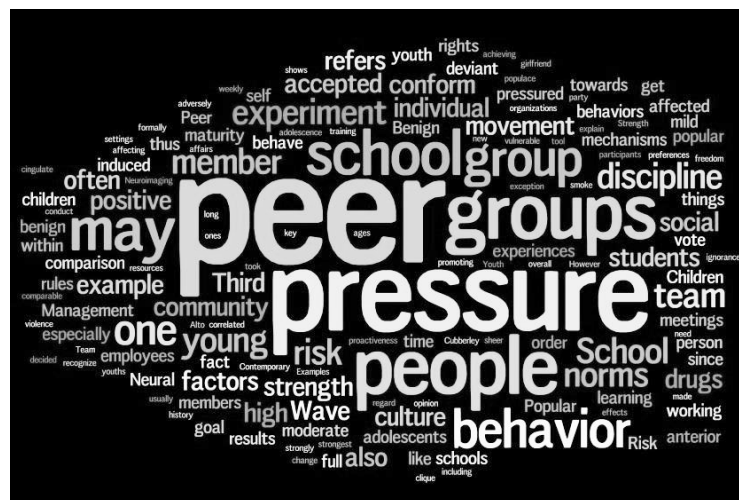
Sid hugged his father as a teary eyed mother peeped in. He said, "I felt over powered and did all the wrong things. I don't know what happened with me dad; I knew from day one that they were taking me on the wrong path."

His father explained, "Peers are the people of your age group who influence your life in more ways than one. A peer may be your dear friend whose sight brings a smile on your face and warms up your heart. A peer is a 'buddy' with whom you share your joys, some good times and some bad ones too. But no matter what they are, your own age group with more or less the same kind of attitude, mindset and little experience. As a group you react more than respond to situations. At your age a reaction is spontaneous, but a response comes too late. Response comes when the wrong is separated from the right and an impulsive action is uncovered as your mistake. Don't you think it was so dumb to tear the report card? You did it because you could not think...it's never too late... next time retrace your steps."

"There will never be a next time dad, I promise you." Cried Sid.

The issue was never raked up again as the need did not arise. Sid realized that he had succumbed to peer pressure. Sid became his responsible self and was appreciated by the teachers too. The gang was also exposed and the children were taken care of.

Geeta Yadav
W/o Comdt DP Yadav
CGSD(K)



THE TERRIFIC TURMERIC

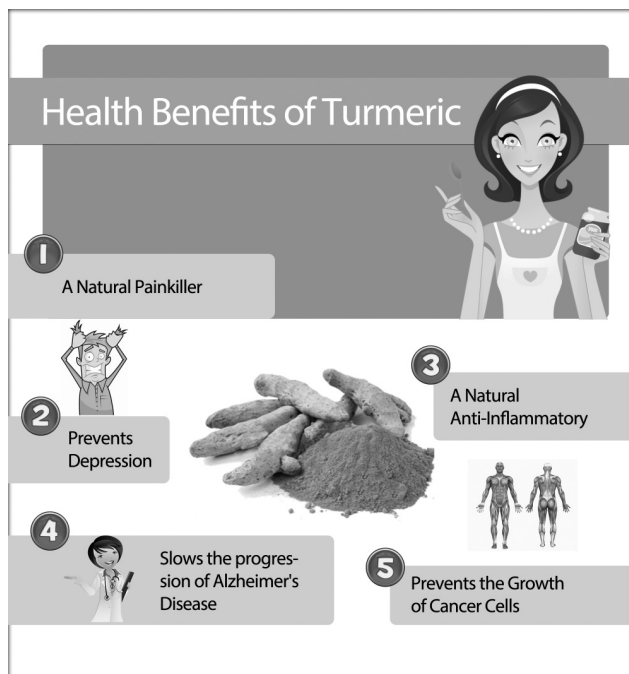
This extremely versatile member of the ginger family is closely connected to Indian culture, particularly that of Hindus. The use of turmeric dates back to about 4000 years. It is absolutely essential at Hindu weddings. Many women use turmeric as a beautifying agent as well. This perennial herb, which is also known as "haridra" in Sanskrit, is originally a native of Southeast Asia. It is one of the most commonly used spices found in the country. In view of its colouring properties, it is often referred to as "Indian Saffron".

Apart from varied use, the plant is also considered valuable because of its medicinal properties.

Turmeric is said to help digestion, fight infection and prevent heart diseases. Its antiseptic properties are well established. Hence, it is included while formulating all Ayurvedic creams. Haven't you seen grandmother applying turmeric pastes on open wounds?

In fact, recent research conducted by a group of scientist has proved that inclusion of turmeric in one's diet may slow down the wasting away of nerves caused by Alzheimer's diseases. Turmeric is used in both the rare and dry form.

- Raw turmeric juice taken with water or buttermilk is a great way of fighting chronic diarrhea. Taken with honey, it is an excellent cure for anemia.
- Chewing a piece of raw turmeric on an empty stomach helps to purify the blood.
- Turmeric also protects the skin against the strong rays of the sun.
- A little turmeric paste applied on a burn helps it to heal quicker.
- It is believed that eating a little turmeric everyday helps to protect your liver.



*Compiled by B Prasad
P/Nvk (RO)
MSO DHQ-11*



WHAT IS ENCOURAGEMENT?

It is love.

I guess The Beatles were right. All you need is love. We want love. And the world today is in dire need of love. We do have all the luxuries of life at our disposal, but truth be told, I bet *anyone* would give it up for an ounce of *pure love, a rarity*.

There are a few things I have observed recently. One of the major lessons being, that a millimetre of love can make a difference. That a small smiley, will always be answered back by a smiley, never a frown. That people will forget what you did, what you said, but never the way you make them feel. So my practice this week, is going to be *encouraging* people.

We all remember that person who was there to encourage us when we were feeling low. God has devised a beautiful system: a family. A mother's encouraging hug or a father's encouraging speech. A grandmother's endearing encouragement – *it's all fine, in my times no one did that well, you are a beautiful and bright child, a gift to us...* Or a circle of friends who take you out for lunch to make you happy (and then make you pay to remind you of their favour :|) ..God is really intelligent you know. He's devised a brilliant method to handle all that traffic. How does he do that? By offering them a family or circle of friends to answer them and give them the gift of hope...I mean, you just have to stop and look at the power of love...And the best form of love is encouragement. Love is what moves us from the inertia of despondence, from the depths of defeat, and inspires us to be a better person, a better version of how we look at ourselves.

I was feeling a little low...I hadn't obviously fared well in my 2nd semester examinations (plz don't get me wrong, I am really grateful I passed!) ..But yes, I did feel a little disappointed with myself for taking my roadmap a bit casually. And also, there was disappointment with a very close best friend's behaviour. I hadn't been in touch with her frequently, and I guess what she did, was due to this.



And yes in the first situation, I was in need of love ...and in the second, I had to give love.

So the universe designed so for me. My answers were presented forth. I had kind of recovered from my not-so-bright result and was determined to make amends, however the fear of failure had made me more sickened of studies than before. And so, last night my accounts sir called me up. And out of the blue, he told me that people born on the 7th fare well in studies (*he's a wonderful old man, and astrology is his latest hobby*), and that I will do well definitely :) ...I mean, I was in need of encouragement...And

this gentleman, who taught me two years back, decides to call me up suddenly, and tells me this. It was my wow moment.

He then went on to tell me, how hard I had worked in school. How he appreciated my determination and focus. How I was one of his many good students. Then a bit of advice on studies, teachers, topics and a recommendation for a tutor who could help me cope with my studies. Surprisingly, he never asked me about my result. In fact, I told him on my own. And without passing any judgment, he said that I had done fine. :) ...he reassured me that I would do well, and then *I promised him* that I would work harder. Niceties exchanged, I hung up the phone, my heart filled with happiness. I slept well after many nights :)

That's the story of how I got what I needed. Now to the story of how I decided to give what was needed.

Relationships arise because of a mutual affection, a need to love and be loved. A mother feels the need to love her child, and a child has the need to be loved. So a relationship arises. A man wants to love and be loved, so he gets a dog. Two friends become friends due to a need for friendship. Two friends become husband and wife, when that need grows. A devotee loves his god, for he wishes for someone to love him back. God loves his devotees, for he feels a need to love those who call out to him. Thus are the many relationships of the world established.

Relationships are like baby creepers. Creepers, those tiny plants that grow around a wall or tree? Yes, relationships are like creepers. They need a solid and strong foundation. Else they collapse; or if the support is crooked, then they grow crooked. They need to be tended with care, and nurtured with an ever flowing fountain of 24x7 available, unconditional love. So do not be surprised, if your baby creeper has been growing crooked, because you probably forgot to water it daily. :)

And as is with all plants, it will grow in the direction it finds water. So will the relationship, for after all it's a baby creeper. It will grow in the direction in which it finds love and acceptance. Parents often complain of their children forgetting about them in old age. What they probably need to understand is that their baby creeper has grown to find another source of watering love, their son-in-laws/daughter-in-laws and their new families. Oh dear parents, do not be disappointed! Your children will come back to you first, when they discover the dark, nagging side to their otherwise lovely spouse!

So is it with husbands and wives. They begin to grow apart when their water hole of love starts ebbing, and consequently find new water holes (relationships), where they find love and acceptance. Yes, this is no justification for cheating, because a cheater always has a choice: either to cheat, or to not cheat. But this is the ground reality. A person is in need of love, always. And it's important that we shift the glaring limelight from ourselves and onto someone else's needs.

Judgment is the ugly green algae that dries up the watering pond of love. Forgiveness and acceptance are the only means to clean up the pond and bring the creeper back.

Friends grow apart for the same reason. We love our friends to death, but judgment as usual, pulls us apart. Although people are in general more accepting towards friends vis-à-vis family, in these days, it is true that friends grow apart for the same reason. We want our friends to call us up every day, or every week. We want them to meet up with us and have a good time. We want them to remember our birthdays, our anniversaries, to call us on Diwali, Holi, Christmas, New year's eve, death of a pet, graduation and many other things. We want them to *be there for us*. And initially, we try to be there for them too. We call them, look out for them, and be their emotional support. But as time passes, the focus shifts back on us again. Years later, the friendship is forgotten under the towering ruins of expectations unfulfilled. "Oh she forgot to wish me on my bday", "he was such a close friend...could he not call once in all those years?"and so on.

Do you know what did your friend, your mother or your spouse need?

A little nudge of love.

A little nudge of encouragement that would reassure them of *their* value in *your* life.

And then perhaps the relationship would not grow crooked or find a new pond of love. Now you may argue that- *Why could they not give me that nudge of love? Why could they not tell me about my value in their life? Why should I not be at the receiving end of encouragement?*

THE ANSWER: If you give a little love, you will get a little love of your own.

Love is experienced in the act of giving, realize that.

Try to remember: Hasn't an act of being loving and affectionate made you happy? At that moment, do you not *feel* your inner joy become magnanimous? Yes I agree that unrequited love does create hurt, but before that, doesn't the act of giving love make you joyous? And if luck is in your favour, when your love is returned with equal generosity, due you not feel the need to give back more love? Is it not a wonderful circle of bliss?

So why should you take the first step of love, the first step to encouragement and realization?

Because, you wish to begin the endless knot of love. Take the first step, encourage someone today, and show them that you care.

And then see how the universe rewards you.

And bear witness to how god, rewards you

Ms Nilanjana Bargoitra

THE YOUTH OF TODAY

A wise man once said, "Youth and white paper are extremely similar – they both bear any impression." Yes, the youth of today live in the world of the 21st century where finer values of life are lost-lost so deeply that they are never recovered. I completely agree that the youth of today is caught up in a maze of easy money, fast food and life in the fast lane.

The youth of today lives by the motto:

'Achieving the end-at any cost.' For the newer generation, it does not make a difference as to what means are used to reach the end—as long as they accomplish their goals. The youth in order to obtain 'easy money' have decided to take the short cut lane-losing out all their values and morals. They have given up on hard work, meticulous effort or dedication to their work. Why? This is because achieving something through hard work takes longer time and more effort. The youth of today feel that there is no need of using efforts and more time to succeed when there is always the option of using easier or rather quicker mean to achieve one's end.

'Fast food' today forms an integral part of life of the youth of today. It just represents the fast moving life of the younger generation. They do not have the time to wait and have healthy, home-cooked meals and hence have to resort to fast food joints where no doubt the food is quick but definitely unhealthy. These finer nuances or the finer essence of life are lost in today's 21st century world where living is too quick places to catch up with.

The youth live a typical 'Life in a Metro' where there is no time for the family, or for near and dear ones. The youth suffers from lack of emotional quotient. The fast paced way of living leads to tremendous stress and frustration within them which vents out at the slightest provocation. As one would notice, the youth of today are doing things which the previous generation would have done when they were much older-Yes, the youth have reached mental maturity much earlier. They know the ways of the world-the methods to attain quickly and easily; but in this maze they are losing out on the finer, deeper values.

The world today is for the youth, of the youth and by the youth. Youth are the ones controlling the world in every possible way; but in a way where they only wish to save effort and time, where they are forgetting what it means to be human, where they are completely unaware of the fact that life can be so much more worth living and worth enjoining if they slowed down and thought a while:

"How would it be if we actually obtained our goals, accomplished our aims in the way god had designed it to be? Instead of us getting into the rat race for money and fame, and winning through quicker but unfair means?"



No doubt, it would take a few more days, or even a few more months, but it would definitely be worth it in the long run. Thereby, I strongly support the statement:

"The youth of today is caught up in a maze, a never-ending vortex, from where you cannot be pulled out; a maze of easy money, fast food and life in the fast lane."

*Dr. Sarita Patil
W/o Comdt Milind Patil
ICGS Okha*

THE EARTH

I'm what's called a human being
And i've been one since my birth
I've lived here for many years
On this place that we call earth.
Never lived anywhere else
As earth's the place for me
Other human beings live here too
And animals like dogs and chimpanzee.
Earth is called a planet
But it's not like mars
No humans live up there
So they'd be no buses or cars.
There's lots of stuff on earth
Like rivers, mountains, and trees,
And people grow stuff on allotments
Like radish, cabbage, and peas.
The best things here on earth?
Has to be football, women, and beer,
And because you won't find them on mars
I say thank you lord for putting me on earth!

*W/O J Kumar
U/Nvk (RO)
ICGS C-132*

THE SKY

Have you seen the sunset and sunrise
And the horizon that's a prize
How the colours mix and melt
And look as soft as felt
How they float away into black
As you wish them back
And that feeling that makes you sad
How the tears come and just make you mad
But then you see the stars
That are so small they could fit in jars
Now there's so many
You'd buy each one with a penny
How they shine so bright
And don't put up a fight
So you stand watching them twinkle and shine
Then you realize you feel fine
So you sigh, and say goodbye.



*W/O Gopal Sharma
Adh (QA)
ICGS C-152*

TRUE FRIENDSHIP IS BLISS

We often complain of how some person has wronged us, or how lonely we feel or that only a dog can be a man's true friend (which is somewhat true)What matters is not that everyone is your friend, but that every relationship in your life is friendly. And if you make every relationship and encounter in your life friendly, if you are like that by nature, by your behaviour, then you will see how the universe rewards you.

One such real life story, based on a true happening:

I had a dear friend from my hometown, a dear friend who I had known from my days in college. As luck would have it, we moved to different cities, although his elder brother stayed back in town. I had met Dayanidhi, the elder brother, on many occasions and he was always ever helpful. Kindness was his second name and you could literally see the compassion twirl in his eyes. He always helped us. He used to jokingly call me kuchela, or one who is badly dressed. Dayanidhi was a very dear friend.

I was still working, and times although were not very difficult, there wasn't much time or resources to make long term plans.

One day, while I was on an annual visit to my hometown, I decided to pay Dayanidhi a visit. It had been long and I was missing him and was lost in the nostalgia of the merry times we spent in our youth. As I walked through his gates, it was as if he knew I was coming to meet him. He stood up and walked out of his house, and then he ran towards me. As I met him, I could see the same compassion and love that stood through ages. He embraced me in a warm hug and jovially messed my hair, although I was a 35 year old grownup man. His eyes were moist with affection, and he held me by the hand as he walked me inside. I was overwhelmed by his welcome, and right away understood the true meaning of homecoming. We talked for hours, about my job, my postings, my family, and he told me about all the changes that took place in our little neighbourhood - how people renovated their houses, of people who migrated and immigrated, of our little parks, etc. Niceties exchanged, his face suddenly became grim.

"Kuchela, I have missed you dearly my friend. Where all have you not travelled- vizag, Andaman's, Bombay, Delhi. You surely have travelled far and wide- but like the salmon, one day, and perhaps someday, you must return home. Have you thought about building a home?"

I was young and was so caught up in my career, the thought of it had never crossed my mind. Although quite suddenly, he enlightened me in a fraction of a second- I was in my mid thirties, and I had a wife and two growing boys. Although the Service provided everything for our family today, who could tell what would happen tomorrow? If God forbids anything was to happen to me, where would my family go? A sense of anxiety passed over me. Why had I not thought of this before?

"Nahi, Dayanidhi. The thought never crossed my mind. Infact, I never thought about it. "

Dayanidhi said, "Well then we must immediately start looking for a house for you. Infact I know of a few plots I have seen in that particular neighbourhood. Let's go and have a look!"

"Right now?"

"Yes, right now!" ...And just like that, he grabbed his car keys and we went to see the plots.

Now I knew we were going to "see" plots, and I had no intention of buying any. But when I went there, god knows what came over me, but I thought the plot were beautiful. The next day I brought my wife to have a look, and she loved it too. We wanted to book it, but didn't have that kind of money with us at that moment. Dayanidhi immediately said, "I'll pay for now, you can pay me later." I thanked him profusely. Words were still not enough to thank him for his kindness, but I did as sincerely as I could.

So our plot was booked, and we went back to the town where we were posted. Time flew by, as we began to be consumed by the routine and mundane activities of our lives. Dayanidhi called us one fine day.

He said, "I have had some workers lay the boundary wall, look I am sending you the pictures!"

I was really very happy and relieved, for not being in the same city, ensuring the security of our plot was a difficult job and made it vulnerable to encroachment. Once again I was indebted to Dayanidhi, and was left amused by his thoughtfulness.

Soon he called me up to tell me that I should have a blueprint or a map of the house outlined, because it takes great time for it to be passed. After much discussion and deliberation with Dayanidhi and my family, I mailed the blueprint to him. He got that approved, and the foundation of the house finally began to be laid. All this while, he regularly updated us on the activities of our plot and mailed us pictures- when the plot was dug up, the foundation was laid, the kind of material that was being used, etc. I was always struggling to catch up with the payments which he kept making without reminding me any time.

Then one day he told us that the basic foundation of the house had been laid and that when I come over the next time to visit, I must take over the control of construction and build the house as per

my requirements. I was more than happy and thanked him for having the blueprint and foundation of my house passed and laid. Since this seemed like a strenuous and time-consuming activity, my family and I decided that we would visit the nearby hill station for a week, spend some good time and have a relaxing vacation before having a look at the plot and deciding how to proceed.



After spending a gala time in the hills, we arrived refreshed at the railway station. Dayanidhi had sent a car for us, as he said that he would be unable to pick us up as he was busy in a meeting somewhere. The driver was to take us to the plot.

As we approached, I saw a small fence lining our plot, and there was a properly maintained front lawn, with my nameplate on the front gate. And what stood behind the gate baffled us all. There stood a new shining, and beautiful home. I was moved to tears. All this while, he alone worked tirelessly and taxingly on our house, OUR house?! He BUILT us a house to live in! Can you believe that? That was not it, the driver then gave us the keys to our house. As we entered, contrary to our expectations of finding an un-tiled floor, I found the most beautifully furnished house I had ever seen. Dayanidhi had not only tiled the floors, but furnished our home as well. There were sofas, beds, mattresses with bed sheets laid on them, etc. Even the kitchen was functional with gas, water and electricity connection along with a full pantry! There was also a small kitchen garden in the back, and small baby trees growing around. It was like walking into a house which not only felt like it was actually occupied by someone, but furnished by someone with utmost taste. It was divine.

My phone began to ring. I and my wife were moved to tears. But even through the haziness of my tears, I knew who was calling me. A sad smile broke over my face as I answered the phone.

“Dayanidhi, yeh kya hai???”

Dayanidhi said, “Accha nahi laga?? Do you want to get something changed??? We can do that!”

“My friend, you have placed me in a great debt. Such a divine house and ...I mean..you are a boon, what karma must I have done to have a friend like you??.May I repeat that over many lifetimes, as I would be blessed to be your friend in every lifetime... how will I ever repay you???”

“You have already paid me back with the happiness and warmth I hear in your voice for me. As for the interest on this loan, you along with your family, must spend two hours with me every day for the rest of your month long vacation, and have dinner at my place every night.”

Fresh tears started to swell up in my eyes again. I promised to pay him back not just financially, but for his love, warmth and his friendship. I was at a loss for words, and somewhere it felt like I was at a loss for words to describe even my emotions. That's the thing about powerful events, they move you in such ways that are just begging description. So humbling, but so uplifting. So heartbreakingly beautiful, so transcendental, that they make you cry in joy. Dayanidhi by his unconditional love, had gained my devotion. And thus, I bring to your notice a happy coincidence, Dayanidhi is one of the 108 names of lord Krishna, and the feat that Dayanidhi had achieved in my eyes, was no less than the miracle that lord Krishna bestowed on his dearest friend, his Kuchela, his friend Sudama.

Ms Nilanjana Bargartra

REGION (NE)



REGION (NE)



ANIMALS : ITS THEIR WORLD TOO

Every day in India animals are beaten, neglected, or forced to struggle for survival. Left in unsanitary conditions with no food or water, they have little hope as they live out their days without the compassion they deserve. Some are found and rescued, given the chance to experience how great life and humans can be; others aren't so lucky. To grow as a nation, we must fight for these abused animals' rights and severely punish heartless owners. It is up to us to speak for these creatures who lack a voice, for who will if we don't?

One of the first steps in protecting animals and -creating effective cruelty laws is knowing what animal cruelty actually is. There are two categories: passive cruelty and active cruelty. The first -involves acts of omission, meaning the abuse happens as a result of neglect or lack of action. Passive cruelty might seem less serious, but that is not the case; it can lead to terrible pain and suffering, and ultimately death. Examples include starvation, dehydration, untreated parasite infestations, inadequate shelter in extreme weather conditions, and the failure to get medical care. Passive cruelty is sometimes due to the owner's ignorance, so many animal control officers will first try to educate neglectful owners on how to properly care for animals before giving them a citation or placing them under arrest.

Active cruelty, on the other hand, is more well known and disturbing. Sometimes referred to as non-accidental injury, this type of abuse involves purposefully inflicting harm on an animal in order to feel more powerful or gain control. Active cruelty against animals should be taken very seriously, since it can be a sign that a person has serious psychological issues and may commit more acts of violence – possibly against humans.

It is hard to tell just what drives people to harm innocent animals. "According to a 1997 study done by the Massachusetts Society for the Prevention of Cruelty to Animals and Northeastern University, animal abusers are five times more likely to commit violent crimes against people and four times more likely to commit property crimes than are individuals without a history of animal abuse," says Pet-abuse.com. It is vital to report people who hurt animals. Most animal abusers find some sort of fulfillment or power in torturing a victim they know can't fight back, which is why crimes like rape and child molestation are committed. While not all animal abusers become serial killers or rapists, it is important to take every case seriously.

For example, Carroll Edward Cole was a West Coast serial killer who may have murdered as many as 35 women in the 1970s and was executed in 1985. Based on Cole's testimony, his first violent act was strangling a puppy. The Columbine school shooting is another example of animal abuse as a precursor to human violence. Before killing 12 classmates and then turning the guns on themselves, Eric Harris and Dylan Klebod had bragged to friends about mutilating animals. If these acts had been reported to authorities and taken seriously, these two young men might have been put in a proper facility and helped, possibly avoiding the horrific massacre.

According to the Humane Society, a good felony anticruelty law should protect all animals, apply

to first-time offenders, carry large fines and lengthy prison time, have no exemptions, require convicted abusers to get counselling at their own expense, and prohibit abusers from owning or living among animals. Along with these laws we need officials who will strongly enforce them. Police, psychologists, and even the CBI recognizes the link between animal cruelty and violence against people. To better protect communities, all states should institute strong penalties and work to increase public awareness of these crimes.

It's not only up to the legal system to ensure that communities across the country are aware and educated about animal cruelty. There are plenty of things everyday citizens can do. The simplest action is for people to take care of their own pets and learn the facts so they can educate others on proper animal care. Another easy way to help is by donating to or volunteering at a local animal shelter. Contrary to popular belief, volunteering doesn't require a lot of time; simply going in a few hours a week helps tremendously. Finally, by writing letters you can remind your local lawmakers that animal abuse is a real problem that needs to be addressed. Taking a few minutes to support this worthy cause not only helps animals, it allows you to feel proud about standing up for something so important to society.

It is our job to be the voice for creatures who cannot speak up for themselves. As a nation we need to make it our priority to come together and ensure the safety of our beloved pets. As Margaret Mead once said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

Asst Comdt Avinandan Mitra
CGRPT - KOL



THE PHOENIX - THE SYMBOL OF FIRE

I was at this mall, window shopping, when something enticed me to pay a glance. I ogled in awe at this bewitching work of art. It was some creature resembling a bird, but just too beautiful to be real. My stance was disturbed by a croaky voice – “you’ve gotta move, you’re blocking a fire exit.” As though if there was a fire, I wasn’t going to run. I displaced myself forcibly and cherished a blueprint of what I saw, in my mind.

Years passed and I happened to research on one of the five classic elements, the most tangible of all visible mysteries- FIRE. Sitting amidst a huge pile of books, innumerable articles’ sheets scattered around, a bunch of paper clips here and there, paper weights in all sincerity performing their duties, something flashed familiar. A representation, a sketch, seeing which a feeling of nostalgia stuck me. It was the same old creature I admired long back. Curious enough I searched frantically for the caption which read “like a Phoenix rising from the ashes”. The Phoenix...

Of all the winged creatures on the surface, none is as mystical, beautiful, or wondrous as the bird of flames, the legendary Phoenix. This awe inspiring bird is rarely seen and very little is known about its origins. Some strongly believe that it is a god’s pet, let loose on the world now and then; some others say it is not more than a near extinct bird. Whatever the case, the Phoenix is the origin of many tales, poems and lessons.

The Phoenix is breathtaking to say the least, with vibrant hues of red, gold and purple plumage. Its large size only enhances its beauty, as it soars and dives in the sky. Another defining feature of this majestic beast is its head. The long and slender beak looks very traditional like most large birds, but its eyes are a much different story. They are deep set and shine of an intelligence that is undeniable, which is truly remarkable.

The Phoenix, despite its undeniable beauty, is a host of extraordinary abilities. The first being its ability to control the amount of heat its own fiery body gives off. It can be analogous to a furnace but it also allows itself to be petted by gently stroking its feathers. It flaunts another amazing ability. All beings spring from other individuals; but this certain kind reproduces itself. In an attempt to die, it burns itself to ashes and the Phoenix is revived in its own sacred flame.



Thus the Phoenix has come to be universally recognized as the quintessential symbol of fire, resurrection and rebirth. The usual representation of the Phoenix shows it either burning or rising from the ashes. Phoenix would be the natural choice to represent the versatile, flexible, clever, energetic and revitalizing qualities. Its innate ability to reinvent itself and to effectively bring about change and evolution is commendable.

Drawing a similarity, the ability to get things moving and a “never say die” attitude can be a positive asset in any situation. One should never lose hope, as for every end; there is always a new beginning. It’s best to have failures happen early in life. It wakes up the Phoenix bird in you so you learn to rise from the ashes. So let’s joyfully proclaim – “I’m a Phoenix. If I die it’s only to be reborn— hopefully better and brighter than before.”

*Miss A. Rini Sharon
D/o Comdt SED Anand Kumar*

“TRY AND FAIL, BUT DON’T FAIL TO TRY”

Courage always doesn’t roar
Sometimes courage is the quiet voice
At the end of the day saying
“I will try again tomorrow”
People who have kept on trying when there
Seemed to have no hopes at all
have accomplished most of the important
things in the world.

Doing your best means never stop trying.
I am not judged by the number of times I fail.
But by the number of times I succeed,
and the number of times I succeed
is in the direct proportion to the
number of times I fail and keep trying

We can achieve, anything and everything;
If only we continue to keep trying
until we succeed.



*Anand Kumar
P/N(QA), Release Centre
Bureau of Naviks*

लेख एवं कवितार्ये



आकाश

आकाश जैसा कोई नहीं
ना धरती ना पाताल।
कहो कहाँ दुनिया में होगा
इतना हृदय विशाल ।

सूरज की तपन सहकर जो
देता हमें उजास ।
बादल की धुँध में खोकर जो
हरता हमारी प्यास ।

चमकने का हक चाँद को देता
तारों को झिलमिलाने का ।
पँछी को देता ये हक
पंख अपने फ़ड़फ़ड़ाने का ।

कितना कुछ समेटे है खुद में
ना करता कुछ शिकायत ।
सबके सपने पूरे करता
ना खुद की कोई जरूरत ।

(उमा शंकर शर्मा)
अधिकारी (एम ई)



यह धरती

यह धरती हमें कितना देती है ।
खेतों में उगे हुए अन्नो से,
वृक्षों के फल व फूलों से,
मानव ही क्या पशु-पक्षी व,
सब जीवों की क्षुधा मिटती है ।
यह धरती हमें...।।

ऊँचे-ऊँचे बांध बनाकर,
नदियों की धारा को मोड़ा,
जंगल काटा खान बनाया,
खानों से क्या-क्या न निकाला,
कितना भी उत्पात मचाया,
फिर भी यह कुछ न कहती है ।
यह धरती हमें...।।

इसके अंदर सुरंग बनाकर,
हमने मेट्रो रेल चलाई,
ऊँचे-ऊँचे भवन बनाकर,
मानव ने की खुब कमाई,
अपनी संतानों की खातिर,
सब कुछ सदा सहा करती है ।
यह धरती हमें...।।

कभी जाति पर कभी धर्म पर,
कभी-कभी बोली भाषा पर,
कपटी क्रूर 'औ' स्वार्थी मानव के,
बंटवारे के मंसूबों पर,
सिसक-सिसक रोया करती है ।
यह धरती हमें...।।

माया जाल के उलझन में,
फंसकर मानव जब थक जाता है,
जीवन-लीला पूरी होने पे,
चिर-निद्रा में जाना चाहता है
स्नेहपूर्वक गोद में लेकर,
गीत मधुर लोरी गाती है ।
यह धरती हमें...।।

एम के तिवारी
कनिष्ठ हिंदी अनुवादक
सूचना प्रौद्योगिकी निदेशालय

वृक्ष

पेड़ हैं अनमोल चीज,
इन्हें ना काटो, इन्हें उगाओ,
धरती को अपना स्वर्ग बनाओ।

पेड़ों को ना काटो,
काटोगे तो तड़पोगे,
हर चीज के लिए तरसोगे।

यही देते पक्षियों को बसेरा,
जिनके चहकने से होता है सवेरा।

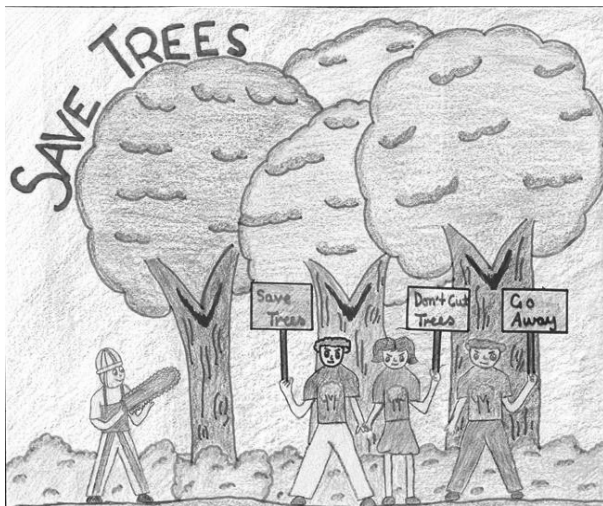
ये देते हैं प्राणवायु,
जिससे बढ़ती है हमारी आयु।

वृक्ष ही हैं जीवन का मूल,
देते हैं हमें फल और फूल।

वृक्ष ही हैं महान,
देते हैं हमें जीवनदान।

पेड़ हैं अनमोल चीज,
इन्हें ना काटो, इन्हें उगाओ,
धरती को अपना स्वर्ग बनाओ।

नरेश कुमार लेखक
नाविक (लेखक)



बारिश की बूंदें

काली घटायेँ छाई हैं
मौसम ने ली अंगड़ाई है,
बारिश के इन बूंदों से
हर तरफ हरियाली छाई है।

रिमझिम करके बरस रहे हैं
सावन के ये मतवाले बादल,
इनके आ जाने से जगमग है
धरती का सुनहरा आंचल।

सावन के आ जाने से
चारों ओर खुशियां छाई हैं,
अपने खेतों को देखकर
किसानों का मन भर आया है।

ये बारिश की रिमझिम बूंदें
बच्चों के मन को भीभायी हैं,
बारिश की इन बूंदों से
हर तरफ हरियाली छाई है।

श्रीमति बबिता सिंह

पत्नी खजान सिंह

उत्तम नाविक,

आई सी जी एस - सी 402



प्रदूषण

चिमनियों से निकल रहा जो धुआँ है
इंसानों की जिन्दगी के साथ एक जुआ है
वायु प्रदूषण जो बढ़ रहा है
नई-2 बीमारियाँ पैदा कर रहा है
वाहनों की संख्या तेज रफ़्तार से बढ़ रही है
लोगों की मौत की नई परिभाषा गढ़ रही है ।।

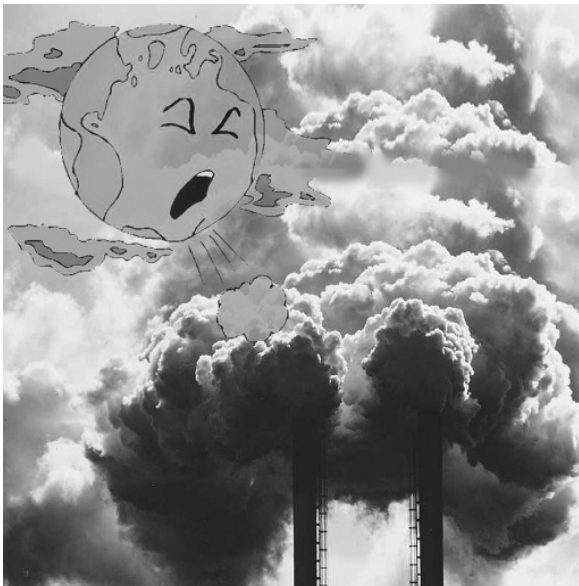
पेड़ रहे हैं तेजी से कट
जीवन प्रत्याशा रही है घट
प्रदूषण बढ़ रहा लगातार
फैक्ट्रियाँ जो खुल रही हैं हजार
परमाणु ऊर्जा पर हो रहे हम निर्भर
विकिरण के साथ जीना हुआ हमारा दुर्भर

नित नए हो रहे अविष्कार
ध्वनि प्रदूषण बढ़ रहा है लगातार
रोकना है अगर प्रदूषण बढ़ने की गति
तो उपयोग में लाना होगा अपनी मति
सीमित रखो अपना उपयोग
मत कर संसाधनों का दुरुपयोग

अमित जोशी

ड्राफ्ट्समैन - III

तटस्थक मरम्मत एवं उत्पादन दल (गोवा)



मिट्टी की महिमा

निर्मम कुम्हार की थापी से
कितने रूपों में कुटी-पिटी
हर बार बिखेरी गई किंतु
मिट्टी फिर भी तो नहीं मिटी

आशा में निश्छल पल जाए, छलना में पड़कर छल जाए
सूरज दमके तो तप जाए, रजनी दुमके तो ढल जाए
यों तो बच्चों की गुड़िया-सी मोली मिट्टी की हस्ती क्या,
आँधी आए तो उड़ जाए, पानी बरसे तो गल जाए,
रो दे तो पतझर आ जाए, हंस दे तो मधुऋतु छा जाए,
झूमे तो नंदन झूम उठे, थिरके तो ताण्डव शरमाए
यों मदिरालय के प्याले सी मिट्टी की मोहक मस्ती क्या
अधरों को छूकर सकुचाए, ठोकर लग जाए छहराए
उनचास मेघ, उनचास पवन, अंबर अवनी कर देते सम,
वर्षा थमती, आँधी रूकती, मिट्टी हँसती रहती हरदम,
कोयल उड़ जाती पर उसका निश्वास अमर हो जाता है
मिट्टी गल जाती पर उसका विश्वास अमर हो जाता है ।

रेनू सिंह

पत्नी आर सिंह

प्रधान नाविक (बेतार)

आसूचना निदेशालय

नभसागर

मैं हूँ सागर गहरा-गहरा
पहने सर पर लहरों का सेहरा ।
अंबर से है यारी गहरी,
रात, सवेरा या दोपहरी ।
संग मैं उसके और वो मेरे,
जैसे हों दो मीत घनेरे ।

अगर भासकर का वो घर है,
तो मैं उसका कनक आईना ।
जब-जब देखे, छवि वो अपनी,
दमके उसका रुप नगीना ।

बिखरे शर्म की लाली ऐसे,
सतरंगी हो जाएं लहरें ।
कहीं से नीला, कहीं गुलाबी,
हों बिखरे कुछ रंग सुनहरे ।

ज्यों-ज्यों बड़े रात की ठंडक,
मैं ओढूं तारों की चादर ।
कभी ज्वार बनके मैं सोचुं
छु लूं उस चांद को जाकर ।

नभसागर की यही कहानी,
है लम्बी सदियों पुरानी,
हो जैसे एक प्रेम पुजारी,
और दूजी उसकी प्रेम दिवानी।

अशोक

कुमार

प्रधान नाविक (आर ओ)



मेरी आकांक्षा

मन मेरा बहुत अकेला
कहता क्यूँ इस धरती पर भ्रष्टाचार का अंधेरा
पंचतत्व का भंडार भरा है
फिर भी देश में गरीबी का डेरा
सोचे हरदम दान करने को
पंचतत्व के कण कण को
मिट्टी से धरती उपजाऊ बनाऊं
जल से रेगिस्तान में लहरे बहाऊं
आसमान की नीली चादर से
बेघरों की छत सजाऊं
हवा से देश का कोना कोना महकाऊं
मन में भड़के ज्वाला जैसे
अग्नि तत्व से
सोच रहा हूँ भ्रष्टाचार का अंधेरा मिटाऊं

जया मिश्रा

सुपुत्री जे पी मिश्रा

अधिकारी भा त र पो समुद्र पहरी

अमृत की एक बूँद

अमृत की एक बूँद से
अमरता मिल जाती है
स्वाति नक्षत्र की एक बूँद से
सीप, मोती बन जाती है
एक औस की बूँद
कर देती है स्वच्छ सुमन
एक ही बूँद दे देती है नव जीवन

एक बूँद का नष्ट होकर भी
नहीं मिटता अस्तित्व
समाती है बादल में धुआँ बनकर
एक-एक बूँद मिलकर
बरसती है वर्षा बनकर

फिर से वही क्रम दोहराना
आना और फिर नष्ट हो जाना
भरती खुशियों से हर आँचल
धरा को देती हरियाला तल
देना ही जिसका स्वभाव
नहीं उस पर कोई प्रभाव
बस निष्काम भाव से होना समर्पित
परहित में कर देना स्वयं को अर्पित

यह वही बूँद है ,हर बन्धन को
तोड़ने की, शक्ति है जिसमें

भले ही नन्ही सी है,पर नहीं
उस जैसा कोई महान

नहीं समझते यह सब बातें
लोग अनजान
कि बूँद से ही तो पलता है जीवन
और खिलता है मन

**जीवन में छोटी से छोटी चीज का भी महत्त्व होता है ,
इसलिये उसे व्यर्थ नहीं करना चाहिए**

शर्मिला यादव

पत्नी राकेश यादव

प्रधान नाविक (ए आर)

भारतीय तटरक्षक वायु परिक्षेत्र (कोच्ची)

ईश्वर और सिपाही

सब इनको पूजते हैं
मुसीबत में ढूँढते हैं

जब सब कुछ ठीक-ठाक हो जाता है ।
भगवान को नजरअंदाज और
सिपाही को भुला दिया जाता है ।।
और पूछा जाता है कि

Non-productive सेना को बजट इतना क्यों ?
भगवान के प्रति सजग इतना क्यों ?

Non-productive सेना का production
तब समझ आता है ।

भगवान के प्रति प्रेम भाव
तब उमड़ आता है ।।

जब खतरे में होती है,
प्रोडक्शन भगवान की ।
याद आती है उनको,
सेना के जवान की ।।



भगवान के घर श्रद्धा से नहीं,
पिकनिक मनाने जाओगे ।
प्रकृति से खिलवाड़ कर,
प्रदूषण तुम फैलाओगे ।।

तब ...

रौद्र रूपी केदार को
तुम समझ न पाओगे ।
और सेना के वीर जवानों के,
हौसले पर मर मिट जाओगे ।।



मीरा सौहटा
धर्मपत्नी प्रवीण कुमार
अधिकारी 'लेखक'
प्रशासन निदेशालय

आकाश पर कविता

मेरे मन के आकाश में ...
कभी बरसते हैं बादल दुःखों के
तो कभी टिमटिमाते हैं तारे खुशी के
कभी दूर दूर तक घना कोहरा छा जाता है
तो कभी हर तरफ बस उजेरा नजर आता है
कभी उड़ते तम्नाओं के परिदे पंख फैलाकर
तो कभी छा जाती है काली घटाएँ अचानक आकर
कभी पूर्णिमा का चाँद जगमगाने लगता है
तो कभी अमावस का अंधेरा छाने लगता है
कभी इंद्रधनुषी रंग गाने लगते हैं
तो कभी सुर ये सारे वीरने लगते हैं
कभी सांझ की हवा सुहानी बहती है
तो कभी आँधी और तूफान की कहानी कहती है
आकाश समाया है मन में
नित रोज बदलता अपने रंग
कभी सवेरा बन ये खिलता
कभी रात को लाता संग

रवि शंकर चौधरी

प्रयान्त्रिक

बेस मरम्मत इकाई (चेन्नई)



कामना

काँटों की सेज पर सोने वाले,
खुशियों से कतराते हैं
पत्थर से ठोकर खाने वाले,
जीवन उत्कर्ष बनाते हैं !

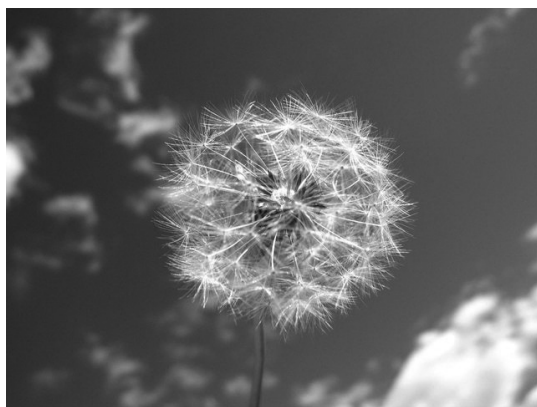
धीरज धरों कामना रखो,
सरिता सम आगे बढ़ जाओ
फूलों पर ओस बनकर
तुम सबको शबनम दें जाओ !

जीना इस जग में बहुत जटिल,
जीने वाले जीते रहते
उठते-गिरते गिरते उठते
सदा जीवन में चलते रहते !

उठो कामना की लहरें
लहरों को क्यों दबाते हो,
उसमें ऐसी ताकत भर दो
जिसमें प्यार जताते हो !
उम्मीद करता हूँ सुबह शाम,
पूरा करना है ईश्वर का नाम
पूरी हों या नहीं मेरी कामना!

पी एस पवार

सहायक समादेशक



बसंती हवा

हवा हूँ हवा मैं बसंती हवा हूँ
सुनो वात मेरी अनोखी हवा हूँ
बड़ी बावली हूँ बड़ी मस्तमौला
नहीं कुछ फिक्र है बड़ी ही निडर हूँ
जिधर चाहती हूँ उधर घूमती हूँ
हवा हूँ हवा मैं वंसती हवा हूँ

मुसाफिर अजब है व घर वार मेरा
न उद्देश्य मेरा न इच्छा किसी की
न आभा किसी की न इच्छा किसी की
न प्रेमी न दुश्मन जिधर चाहती हूँ
उधर घूमती हूँ
हवा हूँ हवा मैं बसंती हवा हूँ

जहाँ से चली मैं जहाँ को गई मैं
शहर गाँव वंसती नदी रेत निर्झर
हरे खेत पोखर
झूमती चली मैं झूमती चली मैं
हवा हूँ हवा मैं बसंती हवा हूँ

चोड़ी पेड़ महुआ थपा थप मचाया
गिरी धम्म से फिर चढ़ी आम ऊपर
उसे भी झखौडा कान में कुँ
उतर के भागी में हरे खेत पहुँचो

वाँहा गेहुँओ में लहर खुव भारो
पहर दो पहर क्य अनेको पहर तक
उसी में रही मैं
हवा हूँ हवा मैं वंसती हवा हूँ

खड़ी देख अलसी लिए भिप कल्सी
मुझे खुब हिलाया पिलाया
गिरो पर न कन्सी
इसी दार को पिलया न सरसो
झुलाया न सरसो
हवा हूँ हवा मैं वंसती हवा हूँ

मुझे देखते ही अरहरी लजाइ
वनाया वनाया न भानी न भानी
उसे भी न छोड़ा
पथिक आ रहा था उसे भी ढकेला
हँसो जोर से मैं हँसी सब दियाँए
हँसे चमचमाती भडी धुप प्यारो
बेसंतो हवा में हँसी भुषो सारी
हवा हूँ हवा मैं वंसती हवा हूँ

एम बाला कृष्णा
नाविक (ए एच)



REGION (A&N)



REGION (A&N)



आओ जानें कैसे रखे गए महीनों के नाम



जनवरी : रोमन देवता 'जेनस' के नाम पर वर्ष के पहले महीने जनवरी का नामकरण हुआ । मान्यता है कि जेनस के दो चेहरे हैं । एक से वह आगे तथा दूसरे से पीछे देखता है । इसी तरह जनवरी के भी दो चेहरे हैं । एक से वह बीते हुए वर्ष को देखता है तथा दूसरे से अगले वर्ष को । जेनस को लैटिन में जैनअरिस कहा गया । जेनस जो बाद में जेनुअरी बना जो हिंदी में जनवरी हो गया ।

फरवरी : इस महीने का संबंध लैटिन के फेबरा से है । इसका अर्थ है कि 'शुद्धि की दावत' । पहले इसी माह में 15 तारीख को लोग शुद्धि की दावत दिया करते थे कुछ लोग फरवरी नाम का संबंध रोम की एक देवी फेब्रुएरिया से भी मानते हैं । जो संतानोत्पत्ति की देवी मानी गई है इसलिए महिलाएं इस महीने इस देवी की पूजा करती थीं ताकि वे प्रसन्न होकर उन्हें संतान होने का आशीर्वाद दें ।

मार्च : रोमन देवता 'मार्स' के नाम पर मार्च महीने का नामकरण हुआ । रोमन वर्ष का प्रारंभ इसी महीने से होता था । मार्स मार्टिअस का अपभ्रंश है जो आगे बढ़ने की प्रेरणा देता है । सर्दियां समाप्त होने पर लोग शत्रु देश पर आक्रमण करते थे इसलिए इस महीने को मार्च नाम से पुकारा गया ।

अप्रैल : इस महीने की उत्पत्ति लैटिन शब्द 'एस्पेरायर' से हुई । इसका अर्थ है खुलना । रोम में इसी माह कलियां खिलकर फूल बनती थीं अर्थात् बसंत का आगमन होता था इसलिए प्रारंभ में इस माह का नाम एप्रिलिस रखा गया । इसके पश्चात वर्ष के केवल दस माह होने के कारण यह बसंत से काफी दूर होता चला गया । वैज्ञानिकों ने पृथ्वी से सही भ्रमण की जानकारी से दुनिया को अवगत कराया तब वर्ष में दो महीने और जोड़कर एप्रिलिस का नाम पुनः सार्थक किया गया ।

मई : रोमन देवता मरकरी की माता 'मइया' के नाम पर मई नामकरण हुआ । मई का तात्पर्य 'बड़े-बुजुर्ग रईस' हैं । मई नाम की उत्पत्ति लैटिन के मेजोरेस से भी मानी जाती है ।

जून : इस महीने लोग शादी करके घर बसाते थे । इसलिए परिवार के लिए उपयोग होने वाले लैटिन शब्द जेन्स के आधार पर जूना का नामकरण हुआ । एक अन्य मतानुसार जिस प्रकार हमारे यहां इंद्र को देवताओं का स्वामी माना गया है, उसी प्रकार रोम में भी सबसे बड़े देवता जीयस हैं एवं उनकी पत्नी का नाम है जूनो । इसी देवी के नाम पर जून का नामकरण हुआ ।

जुलाई : राजा जूलियस सीजर का जन्म एवं मृत्यु दोनों जुलाई में हुई । इसलिए इस महीने का नाम जुलाई कर दिया गया ।

अगस्त : जूलियस सीजर के भतीजे आगस्टस सीजर ने अपने नाम को अमर बनाने के लिए सेक्सटिलिस का नाम बदलकर अगस्टस कर दिया गया जो बाद में केवल अगस्त रह गया ।

सितंबर : रोम में सितंबर सैप्टेंबर कहा जाता था । सेप्टेंबर में सेप्टे लैटिन शब्द है जिसका अर्थ है सात एवं बर का अर्थ है वांयानी सेप्टेंबर का अर्थ सातवां किन्तु बाद में यह नौवां महीना बन गया ।

अक्टूबर : इसे लैटिन 'आक्ट' (आठ) के आधार पर अक्टूबर या आठवां कहते थे किंतु दसवां महीना होने पर भी इसका नाम अक्टूबर ही चलता रहा ।

नवंबर : नवंबर को लैटिन में पहले 'नोवेम्बर' यानी नौवां कहा गया । ग्यारहवां महीना बनने पर भी इसका नाम नहीं बदला एवं इसे नोवेम्बर से नवंबर कहा जाने लगा ।

दिसंबर : इसी प्रकार लैटिन डेसेम के आधार पर दिसंबर महीने को डेसेंबर कहा गया । वर्ष का 12 वां महीना बनने पर भी इसका नाम नहीं बदला ।

संदीप कुमार
प्रधान नाविक (आर ओ)

तटरक्षक

देश की खातिर डटे हुए हैं फ़ोजी सभी किनारो पर
हमें गश्त करनी होगी काले धन के गद्दारों पर
देश की खातिर मरने वाले होते वीर महान हैं
एक दिन जब तटरक्षक पूरा विकसित हो जाएगा
देश की बढ़ती ताकत से दुश्मन भी घबराएगा
देश की खातिर दे देंगे हम प्राणों का बलिदान
हम तटरक्षक तट के रक्षक भारत के नोजवान हैं



पुनित कुमार

उत्तम नाविक, भातपो भिकाईजी कामा

सपने

कुछ सपनों को जो पंख दिए,
वो खुले आसमान में उड़ने लगे,
बादलों की छांव मिले,
तो कभी तारों की महफिल सजी।
नरम-नरम हवा के पालनों में पलने लगे,
कोरे-कोरे ये सपने रंगों से खेलने लगे,
सुनहरी धूप की धागों से एक नया जहाँ बुनते हुए,
बिखरे-बिखरे यह सपने अपने-आप में ही सिमटने लगे।
लम्बी-लम्बी राहों पर नन्हें-नन्हें कुछ कदम,
मासूम यह सपने मंज़िल की तलाश में चल पड़े.
दीपक की लौ में सूरज की रोशनी नहीं मिली,
तो थककर यह सपने उसी लौ में जलने लगे।
वक्त आगे निकल गया, सपने पीछे छूट गए,
कुछ ठहर गए, कुछ टूट गए, कुछ खुद पर ही हंसने लगे,
ज़िन्दगी के दांव में, खुद ज़िन्दगी को हार के,
अब इन अधूरे सपनों के सौदे होने लगे।
चलते-चलते खो गये, अपनी ही धड़कन से दूर हो गए,
पीछे मुड़े तो दिखा कहानी बनके बिकता अपना ही चेहरा,
फिर भी रुका नहीं सांसों और धड़कनों का यह सुस्त कारवां
क्योंकि टिमटिमा रहा था अभी भी एक सपना सितारा बन के।



शैलेन्द्र सिंह

नाविक (कुक), कैम्पबैल बे

आत्मविश्वास

एक आदमी की कहानी मशहूर है। वह आदमी 21 साल की उम्र में नाकामयाब हो गया। 22 साल की उम्र में वह चुनाव हार गया। 24 साल की उम्र में उसे व्यापार में फिर से असफलता मिली। 26 साल की उम्र में उसकी पत्नी मर गई। 27 साल की उम्र में वह काँग्रेस का चुनाव हार गया। 45 साल की आयु में उसे सीनेट के चुनाव में हार का सामना करना पड़ा। 47 साल की उम्र में वह उपराष्ट्रपति बनने में असफल रहा। 49 साल की उम्र में उसे सीनेट के एक और चुनाव में नाकामयाबी मिली और वही आदमी 52 साल की उम्र में अमरीका का राष्ट्रपति चुना गया, वह आदमी अब्राहम लिंकन था।

निष्कर्ष: - क्या लिंकन को असफल मानेंगे ? वह शर्म से सिर झुका कर मैदान से हट सकते थे और अपनी वकालत फिर से शुरू कर सकते थे, लेकिन लिंकन के लिए हार एक भटकाव था न कि सफलता का अन्त।

अजेय कुमार शंखवार

उत्तम नाविक

भा.त.र.पो.सी-147



आशिक-ए-उर्मी

उर्मी है तू क्या उर्मी है,
सालाना आती है छा जाती है।
देख के तुझको दिल ये धड़कता है ,
मगर पढ़ते-पढ़ते दिल यूं खो जाता है।
उर्मी है तू क्या उर्मी है ?

बड़े-छोटों की संगम है तू,
छोटे-बड़ों का मिश्रण है तू।
दिल के बड़े पास है तू,
रोम-रोम पे सवार है तू।
उर्मी है तू क्या उर्मी है ?

तेरे प्रेम में मैं पागल हुआ,
तेरी यारी में मैं आशिक हुआ।
तेरे प्रेम ने मेरा ज्ञान बढ़ाया,
तेरी यारी ने मुझे हिन्दी सिखाया।
उर्मी है तू क्या उर्मी है ?

तेरे नाम से पागल होते हैं सब,
तुझ पे फ़िदा भी होता है रब।
सबके ऊपर हैं उर्मी की दुआ,
हमारे मन को है तूने छुआ।
उर्मी है तू क्या उर्मी है ?

महमूद बेग

उत्तम नाविक (आरओ)

कैम्पबैल बे

सरस जल

कभी रिम-झिम,
कभी टप-टप
कभी छम-छम
कभी झमा-झम
तू कभी मेघ सा बरसता
या कभी बादलों सा यूँ गरजता।
तू सरस सा,
निछल पावन, बहता सरिता रूप में
तू एक बूँद सहारा जन का
उस तपती धूप में,
शिव की जटाओं से
जो तू इठला के बहे,
बचपन सा तू झूले
गंगा की गोद में
तू जो चंचल हो गया,
तो तीव्र भाव से बहा
आज तूने ये किया क्या ?
सब कुछ बैठा यूँ गँवा
बादलों को चीरकर
जो तू बरस पड़ा
निगल गया न जाने कितने
नर-नारी, पशु और घर
देवभूमि में ये तूने
कैसी हाहाकार मचायी
केदार विनाशकर
लज्जा तुझे न आज आई
तेरे नमन को
जो शीश झुकाये थे खड़े
राक्षस सा बन गया तू
जो तेरी श्रद्धा में थे अड़े
आज सब बिखरा पड़ा
पहाड़ मेरा छिन्न-भिन्न हुआ
है श्रद्धा का कलश टूटा
ऐसा क्या ये बादल है फूटा ?
बहा ले गया कितनों को,
लहर तेरी ये मौत वाली

कर गया किसी माँ की गोद खाली
किसी बहन की राखी की थाली

और तू फिर भी
आज अपने बहने के नियम से
बहता ही चला है
न जाने कितने लोचन नयन से

तेरे निर्मल हृदय से
काम ये कैसा हो गया
क्या तुझे भी कष्ट है
जो रौद्र तू ये हो गया
बहन तेरी जो नदी सी
सरल पावन सी बही
क्या वो इतनी मैली थी
कि खुद पर यों रो पड़ी।

हे मनुष्य क्यों भूल गया
तू प्रकृति के नियम
मलिन कर नदियों को
किया तूने कैसा दुष्कर्म

मेरे पहाड़ पर टूटी हाय आज कैसी ये विपदा
यहाँ गूँजा करते थे तेरी गरिमा के गीत सदा

दिखता यहाँ न कोई पशु
न ही कोई पक्षी है
लाशों का ढेर बना
ये केदार भव्य तीर्थ है।

शमशान सा है यूँ पड़ा
स्तब्ध है पहाड़ियाँ
क्रंदन स्वर में रो रहे हैं
बच्चे, नर और नारियाँ।

होश नहीं पर जोश यही है
उठना होगा फिर एक बार
जग में फिर गूँज उठे
जय केदार जय केदार।

श्रीमती इति नौटियाल
पत्नी उप महानिरीक्षक हिमांशु नौटियाल
गाँधीनगर

वायु

प्राण हूँ मैं
तुम्हारे अन्दर का जीवन हूँ
मेरे प्रवाह से ही तुम में
संचारित होता प्राण वायु ।
अम्लजान मैं हर बूँद का,
रक्त प्रवाहित कर कनिष्ठिका ।
मेरे ही ईशारों में जलती,
अग्नि की वह हर शिखा ।
मनाओ मुझे, गर हो जाऊं मैं कुपित
फिर आंधी तुफान से, हो गए ग्रसित ।
छोटे से छोटे हर प्रणाली
सन्चरित जब हो वायु की नली ।
चल पड़े किसी भी माध्यम पर
धरती समुद्र या गगन पर ।
फिर भी दुश्मन सबसे बड़ा कौन
प्रदूषित वायु कर रहते मौन ।
अनचाहे ऐश्वर्य से जीना हराम,
मेहनत छोड़, करते बाकी सब काम
दो कदम भी चल न जाता
मन की गुरुर जो तुम्हें सताता ।
फरारी, एस यु वी तुम्हारी ज़रूरत
स्वच्छ हवा है स्वासों के क्रिस्मत ।

विक्रम सिंह
प्रधान नाविक (आर.ओ.)
भारतीय तट रक्षक अवस्थान वेरावल

आकाश

तुम्हारे हर खेलों का
एक मूक दर्शक हूँ मैं
पथिक हूँ हर मोड़ का
मुक्त आलिंगन को तैयार मैं ।

असर पड़ता तो सही
भले ही क्यों न उजाग्रित हो
हरेक अवैध कारनामों का
कैमरा हूँ सीसीटीवी का ।

आओ समाओ मेरा दिल दरिया
मैं हूँ आजानुभुज फ़व्वारा ।
हर कचरे और दूषित गैस का
असर मुझमें ही आ समाता ।

तुम्हारे धुआं कारखानों का
डस जाता बन कारनामों का ।
ओजोन मेरा फ़टता जाता
वजन तुम्हारे किस काम का ।

दोहन क्या कम हो पायेगा
अवैध प्राकृतिक संसाधनों का ।
काल कोठरी मेरी हो गइ खोखली
पर्यावरण का क्या होगा ?

जितेन्द्र कुमार
उत्तम नाविक (एमई)
भारतीय तट रक्षक अवस्थान वेरावल

सुनामी की लहरें (आपबिती)

सुनामी का शब्द सुनकर रोंगटे खड़े हो जाते हैं,
सुनामी तेरे आगे बड़े-बड़े फ़ेल हो जाते हैं ।
जाते जाते साल 2004 हमें एक बहुत ही भयानक भेंट दे गया,
हजारों की मौत, लाखों को बेघर कर गया ।
सागर में हुआ भुकंप उठी एक प्रलयी लहर,
जिसने मचा दिया सागर तट पर महाभयानक कहर ।
सुनामी तूने साबित कर दिया विज्ञान कितना भी आगे चला जाये,
प्रकृति के प्रकोप के आगे सब बौना पड़ जाये ।
था एक तटरक्षक पोत विक्रम जो तुम्हारी भँवर में फ़स गया,
बिना आवाज के ही तू सब नाविकों को दुख दे गया ।
मैं भी तुम्हारे महातांडव को समझ न पाया,
पल भर में ही मुझे जिंदगी भर के लिए अपाहिज बनाया ।
लेकिन मुझे अपाहिज होने का दुख नहीं है,
मुझे तो गर्व है कि मैंने देश के लिए कुछ किया है ।
सुनामी तुम्हारी आगोश में आने से पहले ही,
विक्रम की रस्सियाँ काटकर बंधनों से मुक्त किया है ।
चारों ओर सन्नाटा सा छा गया,
सुनामी बना मौत का साया ।
इस सन्नाटे को चिरकर निकली एक और लहर,
जिसे कहते हैं, मानवता की नजर ।
तटरक्षक पोत विक्रम भी लहरों के सामने आ गया,
और नाविकों का समुह उसे बचाने आ गया ।
आखिरकार नाविकों की मेहनत रंग लाई,
तीन दिनों के अथक प्रयास के बाद पोत विक्रम को बचा पाई ।
होकर एक जुट दौड़े मदद करने को,
सुनामी पीड़ितों की, लगी जिंदगी सँवरनें को ।
यही पैगाम हर नया साल है लाया,
मानवता का अंत कभी न हो पाया ।

अवधेश कुमार सोनकर
प्रधान नाविक (तोपची)
भारतीय तटरक्षक अवस्थान गाँधीनगर



"NATURE"

We are small creatures,
in our nature.

We are so tiny,
and look so shiny.

We need air,
and nature take our good care.

We need water,
in the days of hotter.

We need food,
to make our health good.

We need woods,
to make our goods.

Nature brings rain,
to grow our grains.

I am so proud,
to live on a ground.

Nature shows us way,
to live a healthy life.

I am very thankful,
to our colourful nature.

(Aarush Sinha)
Class – VI
S/o Bipin Kumar
Section Officer(Plans)

A DAUGHTER'S PRAYER TO THE LORD OF THE SEA

When I see the tide
on the sea shore,
It reminds me of all the sailors
at sea.

The risk they take
and tough life they live,
I wish them luck and
favorable winds.

Hope they come back safe
to their families,
May God of the sea protect and
and give them good weather.

As on the shore daughters like me
are waiting anxiously,
each and every moment
for their fathers to safely return home.

Anusha Rawat
Class IV
D/o Cdr B Rawat
ICGS Samudra Prahari



BRAIN OPENERS

When a drop of water falls in a lake
It has no identity but when it falls on a rose petal,
It shines like a pearl.
So choice is important.
Choose the better place where you can shine.

The mind of friends are the line of a railway track.
They may not meet
They may not cross
But they always go a long way together.

Never reject any day in your life
Because
A good day gives you happiness and bad day gives you experience.
Both are essential for life.
So live your life everyday with a smile.

Learn to give thousand chances to your
Enemy to become your well-wisher
But
Never even give one chance to your
Well-wisher to become your enemy.

Live with no excuses and love with no regrets.
When life gives you a hundred reasons to cry,
Show life that you have thousand reasons to smile.

Meenakshi Yadav
D/o A Kumar, U/Adh(RO)



CHILDHOOD DAYS

Shoes, socks, bonnets and nappies
I looked like a pampered baby
Speckled pants and flowered skirts

The world was filled with wonder
There was no thunder

No exams to stress on
And Olympiads to crack my head upon

Life was a simple game
There was no pain
Only gain gain gain gain

Everybody loved me
Even when I made bubbles
There were no troubles

Banging the spoon
Was a routine in noon

Eating, drinking, sleeping, snoring
Life was all fun and not boring

Life was a simple game
There was no pain
Only gain, gain gain.

*Tanya Yadav
D/o Comdt DP Yadav
CGSD(K)*



PARENTS

The lady, I love more than life,
my dad claims her as his wife.

My daddy, my dearest, my superman,
my mom claims him as her man.

Then I sit to wonder, what is mine?

I have my parent, rest is fine.

When at fault, I am punished with anger,
then I realize, it is to make me stronger.

In confusion, or tension, they are

never tired to guide,

in all I do, I try my best to bring them pride.

My mom & dad together are my wealth,

I pray to god, to keep them in good health.

*Yashraj Thakur
S/O GJ Thakur, ADH
Buvik*

REGION (NW)



REGION (NW)



WATER - A VALUABLE RESOURCE

'Water' a simple name with a simple chemical formula (H_2O), still plays an important role in existence of life on earth.

Interestingly, the first vertebrate species on the earth was from an aquatic habitat, a fish. In Indian mythologies, water is considered as supreme element and has given rise to several other myths and facts. Water is a universal solvent which we all know, but to that extent where people try to wash and dissolve off their sins in the river in the name of God is amazing. For several people, it's just a resource but for few it's a gift from God.

Yes, water is a natural mirror; it has a deep meaning in itself. It says, "you look at me, you find yourself. If you disturb me you will lose yourself." Geographically, water shows its abundance by occupying 72% of earth's surface. This is the reason why our planet earth is denoted as blue planet. But unfortunately, there is only about a percent for the use of humans.

Biologically, 80% of the human body is composed of water in the form of blood or plasma. Water is necessary to maintain the body temperature. Economically, today water is the backbone in the electricity production department, whether its an hydro power plant or nuclear.

Today, 14% jobs are based on water resources and its management. These are few active phases of water, but indirectly still there are many which shout aloud about the importance of it. Just imagine a day without water? Starting with sanitation till the last gulp of supper water is an important medium for the whole day chores.

Now, coming to the bitter truth of the same. Today, we are currently suffering from the scarcity of water at a global level. It is hard to imagine that in Arab countries water is much valuable than crude oil.

As a result, some 1.1 billion people worldwide lack access to water, and a total of 2.7 billion find water scarce for at least one month of the year. They are exposed to diseases, such as cholera, typhoid fever and other water-borne illness. Two million people mostly children, die each year from diarrheal diseases alone. River and lakes are drying up or becoming too polluted to use. More than half the world's wet lands have disappeared. Climate change is altering pattern of weather and water around the world causing shortage and droughts.



At the current consumption rate, this situation will get worse. By 2025 two-third of the world's population many face water shortages. Just broaden up your thinking and think upon this matter. It is the time to act as managers and take hold of the responsibilities to save water from getting exploited.

And how can we do that? Remember

- (i) Gather high quality data about water resources.
- (ii) Take better care of the environment.
- (iii) Reform how water resources are governed.
- (iv) Revitalise how water is used for farming.
- (v) Better manage urban and municipal demand for water.
- (vi) Involve marginalised people in water management.

Take steps towards a safer and fruitful world.

*Amit Singh
S/o D Singh, P/Adh
ICGS Karwar*

जल का सदुपयोग

जल का सदुपयोग करो,
जरा सा ना दुरुपयोग करो,

जल से बुझती सबकी प्यास,
जल तो कम हैं अपने पास,

सूखते जा रहे झील और तालाब
खपत का भी बढ़ता जा रहा दबाव

जहाँ रुकेगा गंदा जल
जन्म लेंगे मच्छर हर पल

जब तक हो न जाये बरसात
हर दम करो बचत की बात



*श्वेता कुमारी
पिता - उमा शंकर शर्मा
अधिकारी (एम ई)*

LIFE IS PRECIOUS

When I was a child,
I didn't know what was life.
Life for me was just a smile,
And happiness I would always pile.

In this world as I grow,
I realized life is very complicated to know,
Failure and success is what it shows,
Working hard will help you to glow.

Some enjoy life and always smile
Some curse life and only cry.
And to end their life they try
Some have a habit of success
Slight failure makes them depress
Later, suicide is what their mind decides to access.

Cutting veins with blade, when they are hurt by a Friend,
Eating rattol is nowadays a trend
Thinking that in happiness they will land
When you decide to suicide,
Just wait and think for a while,
Of the foetus of a child,
For life in the womb who cries.

When you decide to jump from a height to die
Realize the preciousness of life
And ask a cancer patient, how difficult is to
Say good bye
With a strong wish to survive.

Praying is a solution,
For every problematic situation,
Problems in life are just a drop of water in ocean,
Think this whenever you are in tension.

Life tries to teach everyone differently,
It's gift of God given to us lovingly,
Don't try to end it easily,
Life is precious, don't take it jokingly.....

*Sapna Yadav
D/o Tara Chand, U/Adh*

संदेश अजन्मी बिटिया का

कुछ कहना चाहती हूँ हिस्से का जीवन जीना चाहती हूँ।
दुनिया के रंग दुनिया के संग, मैं जानी चाहती हूँ।

माँ मैं तेरी कोख में आई, फिर जन्म क्यों न ले पाई।
न जाने कोई मेरा मर्म, मेरी कब्र बन गया क्यों तेरा गर्भ।

तेरा खून तो पाई मैं, फिर तेरा दूध क्यों पी न पाई।
अस्तित्व अपना गिरने पर भी, आंसू तक मैं बहा न पाई।

दुर्दशा देखकर मेरी ब्रह्मा भी दहलाया होगा।
संग मुझे ले जाते हुए, आसू तक मैं बहा न पाई।

माँ जन्म लेने दो मुझे भी, बेटे से बढ़कर दिखलाऊंगी।
धारा सुख क्या चीज है, माँ तोड़कर आंसमा के तारे लाऊँगी।

अगर बेटी को मरवाओगे, तो माँ की ममता कैसे पाओगे।
खो जाएगा बहन का प्यार, दुलार किसपर दिखलाओगे।

अंतिम संदेश यही है मेरा, बचा लो अजन्मी बिटिया को।
अस्तित्व वरना गिर जाएगा, इस दुनिया से मानव का।

निकिता चौहान
पिता - डी. एस. चौहान
MRCC



Meritorious Award Winners in Academic Excellence 2012-13

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
CGHQ, New Delhi				Aishwarya	Comdt(JG) BK Mathew	IX	PRT(W)
Sonshi Mishra	Comdt BK Mishra	VIII	CGHQ	Navneet Kumar Rai	AK Ray, Adh	X	ICGS Vivek
Mansi	Rajesh Kumar, Adh	VIII	CGHQ	Shubham Bhatia	Comdt Manoj Bhatia	X	ICGS Mumbai
Karanjot Singh	Jasvir Singh, U/Adh	VIII	CGHQ	Shubhashini Pathak	SK Pathak, Adh	X	MRCC MUMBAI
Ashi Singh	Rajiv Singh, Adh	VIII	CGHQ	Akash Kumar	Manoj Kumar, PSE	X	842 SQN(CG)
Rahul Bhatotia	Moti Lal, ADH(RO)	VIII	CGHQ	Perna Ramtial	K Ramtial, Adh	X	ICGS Sankalp
Rafat	RA Khan, U/Adh	VIII	CGHQ	Darshita Mittal	PK Mittal, USE	X	ICGS Amrit Kaur
Sushant	NS Pathania, U/Adh	VIII	CGHQ	Paras Pathania	SS Pathania, U/Adh	X	PRT(W)
Aarushi Raghav	SK Raghav, Adh	VIII	CGHQ	Rajat Singh	Mahavir Singh, U/Adh	X	ICGS Samudra Prahari
Nidhi Yadav	Chandrajeet, Adh	VIII	CGHQ	Vikas Yadav	SK Yadav, Adh	X	CGAIS(MB)
Vikash Singh Rathore	Brajesh Chandra, Adh	VIII	CGHQ	Neerav Kumar	K Jenti Lal, Hav	X	CGSD(MB)
Rahul Yadav	SB Singh, Adh	IX	CGHQ	Ayushi P Satdev	PM Satdev, U/Adh	X	ICGS Sangram
Shreyangi Prasad	Comdt RV Prasad	X	CGHQ	Vishakha Vasu	DK Mishra, U/Adh	X	CGSD(MB)
Chetna Siwach	Jasvir Singh, Adh	X	CGHQ	Ishpinder Monga	Comdt(JG) RS Monga	X	RHQ(W)
Vivek Kumar	Manoj Kumar, P/Nvk	X	CGHQ	Vijay Kumar	Joginder Singh, Adh	X	842 SQN(CG)
Shivangi Yadav	Ramsharan Yadav, Adh	X	CGHQ	Aman Kaliraman	Azad Singh, P/Adh	X	ICGS Samudra Prahari
Mukul Bhatotia	Moti Lal Bhatotia, Adh	X	CGHQ	Nikita Chauhan	DS Chauhan, Adh	X	MRCC MUMBAI
Atul	Japal Singh, U/Adh	X	CGHQ	Supriya Tiwari	SK Tiwari, PSE	XI	RHQ(W)
Neha Yadav	Chiranji Lal, Adh	X	CGHQ	Ankita Rani	Azad Singh, P/Adh	XII	ICGS Samudra Prahari
Manisha Yadav	SB Singh, Adh	X	CGHQ	Ketaki Satyajit Vaidya	DIG SK Vaidya	XII	CGAIS(MB)
Sudhanshu Ranjan Choudhary	VR Choudhary, Adh	X	CGHQ	Rishu Kumari	AK Satyarthi, SE(ER)	XII	CGSD(MB)
Akash Singh Rathore	Brajesh Chandra, Adh	X	CGHQ	Stuti Mishra	DIG SB Mishra	XII	ICGS Sangram
Twinkle	Rajesh Kumar, Adh	XI	CGHQ	Ashima Bhardwaj	Asst Comdt MK Sharma	XII	ICGS SK Chauhan
Siddhartha Sekhar Padhi	DIG MK Padhi	XII	CGHQ	Rashmi Chaudhary	N Bahadur, USE	XII	ICGS Sangram
Deepak Yadav	Chiranji Lal, Adh	XII	CGHQ	Rakesh Kumar Birda	HS Birda, Adh	XII	842 SQN(CG)
RHQ(W), Mumbai				Sarita Singh	Dilbag Singh, P/Adh	XII	ICGS Mumbai
Vedant Tyagi	Comdt(JG) Gaurav Tyagi	VIII	ICGS Vivek	Arushi Prasad	Comdt(JG) R Prasad	VIII	750 SQN(CG)
Pooja Sharma	PR Sharma, Adh	VIII	ICGS Samudra Prahari				
Ansul Pradhan	Som Lal Pradhan, P/Adh	VIII	RHQ(W)				
Keya Parida	PK Parida, Adh	IX	CGAIS(MB)				
Milind Yadav	Pramod Kumar, Adh	IX	MRCC MUMBAI				

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Manisha Das SQN(CG)	Barun Das, P/Nvk	VIII	750	Shubham Rana	Joginder Singh, Adh	X	ICGS Kochi
Pooja Rana Daman	Narender Kumar, Adh	VIII	CGAS	Alex Varghese	Asst Comdt CV Tomy	XI	ICGS Varuna
Tanisha Garg Daman	DR Garg, Adh	VIII	CGAS	Anju S Nair	PK Shaji, Adh	IX	ICGS Vizhinjam
Jayant Ahuja Daman	Comdt HK Ahuja	X	CGAS	Aksa Benney	Benny Mathew, P/Adh	X	ICGS Vizhinjam
Saurav Sharma Daman	Asst Comdt Shyam Sunder	X	CGAS	Anju J	Anil Kumar, Adh	IX	ICGS Beyepore
Apoorva Mishra Daman	RK Mishra, U/Adh	X	CGAS	Abhijit Chandran	PV Chandran, P/Adh	X	ICGS Beyepore
Shreyas Singh	Comdt VN Singh	IX	CGAE (Goa)	Ishan Ghosh	S Ghosh, Adh	VIII	ICGS Karwar
Prabhdeep	Jaggiwan Singh, Adh	IX	CGRPT(Goa)	Abhijith Jeevan	G Jeevan, Adh	X	ICGS Karwar
Shweta Gautam Soni	Asst Comdt Gautam Soni	X	CGASD (Goa)	Sangam Singh	SK Singh, P/Nvk	VIII	ICGS Savitribai Phule
Ankur Sharma	Asst Comdt Suresh Chander	X	CGASD (Goa)	Vinay Malik	SK Malik, P/Adh	IX	ICGS Kasturba Gandhi
Shuvam Singh	J Lal, P/Nvk	X	ICGS C-133	Gaurav Kumar	AK Anal, Adh	IX	ICGS New Mangalore
Naveen Johar	Sham Lal, P/Adh	X	ICGS Goa	Dishanu Rai	GK Rai, P/Adh	X	ICGS New Mangalore
Samiksha Choudhary	Dy Comdt MK Choudhary	XII	CGAE (Goa)	Abhishek Kumar Dubey	BK Dubey, U/Adh	X	ICGS New Mangalore
Aparna TS	DIG TP Sadanandan	VIII	CGRPT(K)	Amit Kumar Yadav	Gajraj Yadav, Adh	X	ICGS Savitribai Phule
Jobin Francis	F Varghese, PSE	VIII	CGRPT(K)	Vinay Kumar	Ashok Kumar, Adh	X	ICGS Rajdoot
Malvika Ramesh	MV Ramesh, U/Adh	VIII	CGRPT(K)	Vikram Singh Yadav	SK Yadav, Adh	XII	ICGS New Mangalore
Anagha Ajith	M Ajith, P/Adh	VIII	ICGS Kochi	Abhijeet Singh	Ashok Kumar, USE	X	CGAOT Bangalore
Athira Ramachandran	MAR Chandran, P/Adh	VIII	ICGS Kochi	Kapil Pachauri	Vijay Prakash, P/Adh	X	ICGS Minicoy
Komal Rana	Joginder Singh Rana, Adh	VIII	ICGS Kochi	RHQ (E), CHENNAI			
Chhaya Tunowal	Comdt(JG) Suresh Kumar	VIII	ICGS Samar	Divta kanth Meena	PL Meena, Adh	VIII	CGSD(CH)
Nikhil Singh	Kishore Singh, Adh	VIII	747 SQN (CG)	Kargil Mishra	VJ Mishra, PSE	VIII	CGS Vishwast
Rhea Francis	Comdt Francis Paul	IX	ICGS Kochi	Saranya Pradeep	MT Pradheep, P/Adh	VIII	MRCC(CH)
Monica Tundwal	Comdt(JG) Suresh Kumar	IX	ICGS Samar	Pratibha Rao	Tribhuvan, Adh	VIII	ICGS Vishwast
Hemanshu Bhardwaj	Sunil Kumar, Adh	IX	ICGS Kochi				
Ankita Sinha	Comdt SK Sinha	X	ICGS Kochi				
Suryanshu Chauhan	Comdt AR Chauhan	X	ICGS Kochi				
Princy Singh	S Kumar, U/Adh	X	ICGS Varuna				
Enrique Jose	Jose George, U/Adh	X	ICGS Kochi				

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Pamarthi Lasya	Asst Comdt PV Srinivasa Rao		ICGS Rajkamal	Kajal Chauhan	BS Chauhan, Adh	XI	ICGS Vighraha
Abhinav Kumar Goswami	AK Goswami, U/Adh	VIII	BMU Chennai	Aakaash Thakur	KS Thakur, U/Adh	XI	CGRPT(V)
Preeti Gupta	SK Gupta, Adh	VIII	DHQ-5	Bhupendra Singh Chauhan	BS Chauhan, Adh	XII	ICGS Vighraha
Shubham Maurya	SK Maurya, PSE	VIII	ICGS Sagar	Vikas Singh Rana	MP Rana, U/Adh	XII	CGWO(V)
Tamanna Dahiya	RK Dahiya, Adh	VIII	ICGS Sagar	Deepak Chopra	AK Chopra, U/Adh	XII	DHQ-6
Shrey Tyagi	R Tyagi, PSE	VIII	CGAIS(CH)	Aathira V	CV Nair, P/Adh	XII	ICGS Tuticorin
Baishaki Das	SK Das, PSE	VIII	CGAS(CH)	Reshma S	MS Rajan, U/Adh	XII	ICGS Tuticorin
Ridhi Kathuria	Comdt A Kathuria	VIII	ICGS Vishwast	Gaurav Sharma	RK Sharma, P/Nvk	X	ICGS(PCY)
Rajender Kumar R	N Ramakrishnan, PSE	VIII	ICGS Vishwast	Hitesh Kumar Panwar	H Singh, U/Adh	X	ICGS(PCY)
Anish Kumar	Raj Singh, U/Adh	VIII	ICGS Vishwast	Kanimozhi S	Comdt N Somasundaram	X	ICGS(PCY)
Bibhudyuti Nayak	BC Nayak, Adh	VIII	CGAS(CH)	Sachin Tavtia	S Chandra, P/Adh	X	ICGS(PCY)
Reema	OS Yadav, P/Nvk	VIII	ICGS Sagar	RHQ(NE), KOLKATA			
Preeti Yadav	R Kumar, Adh	VIII	ICGS Sarang	Shreya Bajpai	UC Bajpai, Adh	VIII	ICGS Kolkata
Akshi Dhiman	K Kumar, Adh	VIII	DHQ-5	Rohit Baidya	Ram Baidya, P/Nvk	VIII	RHQ(NE)
Anu Kumari	SK Ram, Adh	VIII	CGAS(CH)	Sukriti Santra	Satyaban Santra, Adh	X	RHQ(NE)
Manish	N Pal, P/Adh	VIII	CGAS(CH)	Bipasha Brahma	Vivekanand Brahma, Adh	X	Frazerganj Cell (ICGS Kolkata)
Jayandra L	N Loganathan, P/Adh	VIII	RHQ(E)	Neelanjana Gayen	BN Gayen, Adh	X	700 SQN (CG)
C Richard S Britto	KC Dhas, PSE	IX	CGAIS(CH)	Arushoday Singh	DIG Alankar Singh	X	CGRPT Kolkata
Rahul Singh	R Kumar, P/Nvk	IX	ICGS Rajkamal	Sneha Bharti	R Thakur, U/Adh	VIII	ICGS Paradip
MD Fariduddin	MD Burhanuddin, P/Adh	IX	CGSD(CH)	Gokul Kannan A	K Athimoolam, P/Adh	X	ICGS Paradip
Shatakshi Chamoli	Comdt Vinod Chamoli	X	ICSG Sarang	Subhrangshu Paul	SK Paul, Adh	VIII	ICGS Haldia
M Varshinee	P Murali, U/Adh	X	MRCC(CH)	Swati Patra	B Patra, P/Adh	VIII	ICGS Vajra
Pamarthi Nikita PV Srinivasa Rao	Asst Comdt	X	ICGS Rajkamal	Tejush Singh Randhaawaa	Comdt JS Randhaawaa	IX	ICGS Vajra
Saravanan SJ	P Srinivasan, P/Adh	X	BMU(CH)	Samridhi Shukla	Dineshwar Shukla, Adh	X	ICGS Rajkiran
Meghna Priya	Surya Kant, Adh	X	BMU(CH)	Arnab Jana	Achintya Jana, P/Nvk	X	ICGS Haldia
Seekha Tanwar	G Singh, Adh	X	ICGS Rajtarang	RHQ(A&N), PORT BLAIR			
Navratna Singh Rathore	Asst Comdt Narpat Singh Rathore	X	RHQ(E)	Gaurangi Sharma	Dy Comdt DD Sharma	VIII	CGAE(PB)
Chetan	Jagbir Singh, PSE	X	RHQ(E)	Sahil Kumar	R Kumar, U/Adh	VIII	RHQ(A&N)
Aditya Tekur	DIG T Sashi Kumar	X	RHQ(E)	Priyanka Thakur	Vijay Kumar, USE	IX	CGAE(PB)
Aishwarya R	Dy Comdt V Ramasmy	X	ICGS Rajshree	Himanshu Singh	SK Singh, PSE	IX	CGAE(PB)
Shweta Yadav	Shri Krishan, Adh	X	ICGS Rajshree	Anjali	Asst Comdt Raj Kumar	IX	ICGS Varad
				Nikita Sharma	Satyajeet Sharma, Adh	IX	ICGS Bhikhaji Cama
				Sanjay Kumar Rath	BK Rath, P/Adh	X	RHQ(A&N)

Name	Daughter/ Son of	Class	Present Unit	Name	Daughter/ Son of	Class	Present Unit
Pradeep Singh	Anand Singh, Adh	X	RHQ(E)	Manu	LB Shah, P/Nvk	VIII	DHQ-6
Komal Rani	Ashok Kumar, P/Adh	X	CGS Sarang	A Siddharth	DIG Amarendr Reddy	IX	CGRPT(V)
Purnendu Shekhar	RL Mahto, U/Adh	X	RHQ(E)	Anirudh Kaushik	Sanjay Kumar, Adh	IX	ICGS Samudra Paheredar
Himanshu Kumar	Santosh Kumar, U/Adh	X	CGAE(PB)	Ruhi Rai	Comdt Rakesh Rai	X	CGWO(V)
Rinku	Satbir Singh, U/Adh	X	RHQ(A&N)	Karanjit Singh	L Singh, P/Adh	X	DHQ-6
Shweta Dubey	MS Dubey, Adh	X	PRT(A&N)	Ankit Kumar Dubey	MK Dubey, Adh	X	DHQ-6
Damini Dyuti	AK Verma, U/Adh	X	CGAE(PB)	Harish Soren	SC Soren, U/Adh	X	ICGS Vighra
Manish Indal	S Chand, Adh	XII	CGAE(PB)	JN Rupa	Jagannath Nimbai, Adh	X	DHQ-6
Shrey Sanjay Ware	SS Ware, Adh	XII	RHQ(A&N)	Abhishek Chopra	AK Chopra, U/Adh	X	DHQ-6
Nishu Kumari Singh	Santosh Kumar, U/Adh	XII	CGAE(PB)	Harish Rawat	RC Rawat, P/Nvk	X	ICGS Vighra
Vidyasri R	N Ramakrishnan, PSE	X	ICGS Vishwast	Saurabh Vashisth	Comdt(JG) SK Vashisth	XI	CGWO(V)
Vinkal Dahiya	D Dass, Adh	X	DHQ-5	RHQ(NW), GANDHINAGAR			
Neeraj Singh Kadayan	Jai Narain Singh	X	RHQ(E)	Pratuj Pratap	S Singh, U/Adh	VIII	ICGS Gandhinagar
PM Pradeepa	P Manickam , P/Adh	X	BMU Chennai	Soumya Tanwar	Manoj Kumar, Adh	VIII	ICGS Gandhinagar
Sharmistha Sardar	PK Sardar, P/Adh	X	CGS Sarang	Vikash Yadav	RS Yadav, P/Nvk	VIII	ICGS Gandhinagar
Mallika Saini	Comdt Rajeev Saini	X	CGAS(CH)	Prapti Trivedi	Comdt D Trivedi	IX	RHQ(NW)
Sukhdeep Sondhi	Asst Comdt Vijay Kumar	X	CGAS(CH)	Swati Rathore	RS Rathore, U/Adh	X	ICGS Gandhinagar
Shaurya Sood	Comdt SS Sood	X	ICGS Sagar	Akash Kumar Singh	Comdt BK Singh	X	ICGS Gandhinagar
Neha Pant	HC Pant, P/Nvk	X	DHQ-5	Rajat Kumar	Rajesh Kumar, P/Adh	X	ICGS Gandhinagar
Alok Kumar	SK Ram, Adh	X	CGAS(CH)	Aayisha Ahamed	MAhamed, Adh	X	ICGS Gandhinagar
Shweta Singh	RP Singh, PSE	XI	RHQ(E)	Shravan Kumar Chaudhary	JK Chaudhary, U/Adh	X	ICGS Gandhinagar
Raagavi B	Asst Comdt A Balaji	XI	DHQ-5	Shruti Mukherjee	Comdt P Mukherjee	VIII	CGAE(PBR)
Yashvi Singh	DIG YK Singh	XII	ICGS Sagar	Sahil Singh	BK Singh, Adh	VIII	ICGS Tarabai
Sandeep Ravindra	DIG RD Shedbalkar	XII	RHQ(E)	Neha Singh	BK Singh, Adh	X	ICGS Tarabai
Anjali Choudhary	SK Choudhary, Adh	XII	CGAS(CH)	Nilesh Kumar Gupta	KK Gupta, U/Adh	X	ICGS Jakhau
Swarna Suresh Tyagi	DIG SC Tyagi	XII	DHQ-5	N Nandhini Priya	R Nainar, U/Adh	XII	ICGS Veraval
Ram Bhuvanesh S	S Srinivasan, PSE	XII	BMU(CH)	Rita E Baben	Dy Comdt George Baby	VIII	ICGS Okha
Jitendra Kumar Singh	ON Singh, U/Adh	XII	DHQ-5	Mohima Dutta	Comdt Yogesh Dutta	VIII	ACV H-189, Okha
Vibhav Mishra	SB Mishra, Adh	XII	CGAS(CH)	George Sebastian	Dy Comdt George Baby	X	ICGS Okha
Jaishree Dhyani	DK Dhyani, U/Adh	XII	CGAS(CH)	Sahni Somya S	DIG Sudhir Sahni	IX	CGRPT Surat
Anju Chauhan	VK Singh, P/Adh	XII	CGAS(CH)				
Siddarth Jena	DIG S Jena	VIII	CGWO(V)				
Divyansh Tiwari	HG Tiwari, USE	VIII	ICGS Priyadarshini				
Aadarsh Thakur	K Singh Thakur, U/Adh	VIII	CGRPT(V)				
Shivani Srivastav	AK Srivastav, U/Adh	VIII	ICGS Vighra				

***Best In Sports/Extra Curricular Activities
(State/National Level) 2012-13***

Name	Daughter/Son of	STD	Present Unit	Sports/ Championship	Position
RHQ (West)					
Prasanna Hembram	SC Hembram, Adh	VII	Dornier Trg Flt, Daman	Individual Kata - 18 th International/ Asian WFSKO cup Karate Championship	First
				Individual Kumite - 18 th International/ Asian WFSKO cup Karate Championship	Third
Ashutosh Sharma	M Kumar, Adh	XII	ICGS C-133(Goa)	21 st Goa State Tae-Kwon-Do Championship 2012	Third
RHQ (East)					
S Sivaraman	S Sankar, U/Adh	XI	RHQ(E)	Table Tennis U-19 - KVS Chennai Regional Sports Meet 2012-13	Second
Divyakant Meena	PL Meena, Adh	VIII	CGSD(CH)	13-16 Yrs White Orange Category - National Open Karate Championship 2012	Second
RHQ (North East)					
Sahitya Banerjee	T Banerjee, U/Adh(RO)	XII	CGAE (Kolkata)	200 meters sprint - All India 44th Kendriya Vidyalaya Sangathan National Sports Meet - 2013	First (Gold Medal)
				100 meters sprint - All India 44th Kendriya Vidyalaya Sangathan National Sports Meet - 2013	Second (Silver Medal)
RHQ (North West)					
Vikas Yadav	RS Yadav, P/Nvk	VIII	RHQ(NW)	14 th Gujarat State Tae-Kwon-Do Championship	First
				2 nd Gujarat State Jeet Kune Do Championship-2012	First
				Air Shield Drill - 4 th Inter School Gujarat State Choi-Kwang-Do Championship	First
				Kabaddi, U-14 - KVS Regional Sports Meet-2012.	Second

